

# HALIFAX metro®

NEWS  
WORTH  
SHARING.

## Woman dies at crosswalk

Police are investigating after a truck hit a woman in a scooter in Dartmouth

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## Wearing their heart colours on their sleeves

N.S. soldiers will now wear patch to represent historic division

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## The man who stemmed the Heartbleeding

Young Torontonians were first to notice bug was affecting CRA

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## SPEAKING OF HEARTBLEEDS...

KYLE LOWRY REACTS TO CLOSE-CALL GAME; RAPTORS LOST 104-103 TO BROOKLYN NETS SUNDAY

# Local woman killed in plane crash

### Hants County.

Ultra-light plane went down near runway of Stanley Airport

One woman is dead following an ultra-light plane crash in Stanley, Hants County.

At approximately 1 p.m. on Sunday, RCMP received a 911 call reporting that an ultra-light plane had crashed near the Stanley Airport.

The female pilot and lone occupant of the plane was pronounced dead at the scene.

The plane landed in a wooded area not far from the runway. Another pilot reported the crash.

Staff Sgt. Archie Thompson, of the East Hants RCMP, said the pilot was a 50-year-old woman from Halifax "who loved to fly."



The site of an ultra-light plane crash that left one woman dead Sunday.

ASHLEY THOMPSON/HANTS JOURNAL

He added that she had been flying for about five years.

The investigation is in its early stages and few details are known at this time.

The Transportation and Safety Board will be handling the investigation.

The name of the deceased was not released by the RCMP at press time Sunday.

ASHLEY THOMPSON/HANTS JOURNAL



## HALIGONIANS GET IT THAT WAY

The Backstreet Boys take the stage at the Halifax Metro Centre on Sunday night as part of their In A World Like This summer tour. For a photo gallery from the concert, please visit metronews.ca.

JEFF HARPER/METRO

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**Sudds murder**

**Pair released day after arrests in murder case**



Matthew Sudds was killed last year. FACEBOOK

Halifax police have released two people who were arrested in connection to the murder of Matthew Thomas Sudds.

Police arrested a 29-year-old Halifax man without incident in the city on Friday morning, and a 23-year-old woman (who is a native of Halifax) in Ontario.

Both suspects were released from custody on Saturday and have not been charged. Police did not provide details on why they were released.

Police found Sudds' body in a ditch on Africville Road on Oct. 14, 2013. METRO

**Pictou County**

**Man dies after losing control of minivan**

RCMP say a man has died after losing control of his minivan on a highway in Pictou County.

Police say the man was driving eastbound on Highway 104 near Broadway around 7 a.m. Sunday when he lost control, crossed the centre line and crashed into a ditch in the westbound lane. Traffic was reduced to one lane. THE CANADIAN PRESS



Flowers were left Sunday at the scene of a fatal crash that killed a pedestrian at the corner of Victoria Road and Thistle Street in Dartmouth. JEFF HARPER/METRO

# 'Absolutely tragic'

**Dartmouth.** Woman crossing at crosswalk hit by truck, dies of fatal injuries



PHILIP CROUCHER  
philip.croucher@metronews.ca

Halifax police are investigating the death of a 57-year-old woman who was hit while crossing at a crosswalk.

The accident happened at the intersection of Thistle Street and Victoria Road in Dartmouth on Saturday around 11 a.m.

The victim, who uses a three-wheeled scooter as her mode of transportation, was crossing the intersection when a 50-year-old man hit her with his truck.

The pickup was attempting to make a left-hand turn, and hit the woman while she was at the crosswalk.

The woman was taken to the Queen Elizabeth II hospital with life-threatening injuries, and died six hours later.

"It's absolutely tragic," said Sgt. Greg Robertson of Halifax Regional Police. "It's tragic for the family of the victim, and for the driver. It's something he'll be affected with for the rest of his life."

The accident is still under investigation, and police say no charges have been laid against the 50-year-old driver.

Robertson said it remains unclear who had the right of way, something investigators hope to determine in the coming days. If the driver is charged, he'll face a ticket for failing to yield to a pedestrian at a crosswalk. The ticket carries a maximum fine of \$687.

"If it's simply an accident or being neglectful of someone who has a right way in the crosswalk, that falls under the Motor Vehicle Act," Robertson said.

Pedestrians being hit at crosswalks has been a hot

**At a glance**

This is the first death involving a person hit in an HRM crosswalk since November 2012.

topic of conversation over the past 18 months, and led to a crosswalk safety advisory committee being started in HRM.

That committee recently released several safety recommendations that council has approved, including beefing up penalties for drivers and making crosswalks more visible.

1 NEWS

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\*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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# Soldiers given an honour to wear on their sleeves

**'Be proud. Be very proud.'** Ceremony and parade marks the restoration of the 5th Canadian Division coloured patch



**HALEY RYAN**

haley.ryan@metronews.ca

About 50 soldiers marched to the sound of bagpipes and drums, gloved hands swinging in unison, as a breeze blew through the doors of the Halifax Armouries.

shoulders of their ceremonial uniforms to represent the historic division, which fought in World War I and joined the Italian campaign in World War II.

"That means we can connect with strong Canadian army heritage," said Sgt. Ahmad Alqenai after the ceremony where Lt. Gov. J.J. Grant helped raise the 5th Division's maroon flag.

Brig-Gen. Nicolas Eldaoud, 5th Division commander, said the patches were originally worn in World War I to distinguish soldiers from different parts of Canada. They were removed when the Canadian

## Quoted

**"We can look back and actually wear that historical honour on our uniform."**

Sgt. Ahmad Alqenai

The restoration of the traditional 5th Canadian Division patch to the uniforms of the 36 Canadian Brigade Group was marked with a parade and ceremony on Sunday afternoon.

All soldiers in the Atlantic province will soon wear the maroon patch on both

army downsized and restructured after World War II.

Eldaoud said four units in the 36 Brigade Group bore the maroon patch decades ago, which creates a special link for those soldiers but also "for all of us."

"This is a unique day which will never happen



Sgt. Ahmad Alqenai of the 36th brigade speaks about the honour of being able to wear the maroon patch, after the patching ceremony at the Halifax armoury Sunday afternoon. PATRICK MCKENNA/FOR METRO

again," Eldaoud told the Brigade group. "Be proud. Be very proud."

The 36 Canadian Brigade Group is mostly made up of reserve soldiers from Nova

Scotia and Prince Edward Island, and was the first to receive permission from Eldaoud to begin sewing their patches on.

Similar ceremonies are

planned for Gagetown, Charlottetown and St. John's in the coming weeks.

Eldaoud said all 8,000 members of the 5th Division should have their patches by

the end of the summer.

Last July, the federal government announced the coloured patches would be returned for all five army divisions across the country.

## Dartmouth

### Teen forced to visit ATM to buy back stolen phone

A robbery victim was able to get his cellphone back on Saturday, but paid for it.

A 19-year-old man told police he was approached by two men asking for a cigarette in a wooded area near Dartmouth High School around 4 p.m. When the victim said he didn't have any, he was punched and had his phone taken.

The victim demanded it back, but the robbers said it would cost some money. Police say the victim and one suspect went to an ATM and withdrew some money. The cash was then given to the suspects who returned the phone and fled. **METRO**

## Maynard and Harris

### Man charged with breaking into construction site

One man was arrested and another fled on foot after a construction site was broken into on.

An anonymous caller contacted Halifax Regional Police around 9 p.m. Saturday regarding a break-and-enter at the compound at Maynard and Harris streets.

When police arrived, they found one man inside the fenced-in area, while another person fled.

Police say a 45-year-old man from the Dartmouth area was arrested and is charged with break-and-enter and possession of break-and-enter tools. **METRO**

## Supreme Court

### N.S. sheriff to stand trial in sex-assault case

A Nova Scotia provincial court judge has determined there is enough evidence to send a head sheriff's sexual assault case to trial.

James William Snow is expected back in court on July 4 to set dates for the Nova Scotia Supreme Court trial. The RCMP arrested the 59-year-old Antigonish County man following an alleged incident in Troy in November 2008.

Snow, who has been released from custody, has been a sheriff for more than 30 years working in various parts of the province.

He has been placed on leave from his job. **THE CANADIAN PRESS**

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## Free Comic Book Day. Annual event brings out families and fanatics alike

Comic-book lovers of all ages turned out in droves for Free Comic Book Day on a beautiful Saturday in downtown Halifax.

The event, created to attract new readers in 2002 by a retailer in California, takes place on the first weekend of May at participating stores around the world, including four in Halifax and three in Dartmouth.

Lisa and Sean Webb have been attending the event for the past several years.

"It's an annual family tradition that started with our son Liam about five years ago," Lisa said.

Sean adds his young family makes it a day-long celebration.

"Everybody gets something that they enjoy, and then we go home and pile the comics on the living-room floor and read for the afternoon," Webb said.

"There are some comics that are especially for the kids and some that are just for the adults," he said.

The Webb family lined up Saturday morning, waiting for

the festivities to begin at the Maritime Museum of the Atlantic, which included games for children and a magician.

Across the street at Strange Adventures on the corner of Prince and Lower Water, Kyle McKinnon relished the idea of adding to his collection.

"It's a good chance to get a bit more variety, kind of look into stuff that you might not if you were buying the books," he said.

McKinnon rummaged through his bag and thought he had about 10 books but said you can take up to 20.

"I got a couple of The Ultimates, The Avengers, The Bounce, Polarity and Killjoys."

A masked Nick Parsons stood out in the crowd and said he was on the second leg of what he expected to be a long day.

"Some friends and I are hoping to get to two more places today. Besides the last one (Giant Robot comics) over in Dartmouth, we'll be going to Monster Comic on Gottingen, and our last stop will be Quantum Frontier."

SCOTT MACINTOSH/FOR METRO



The line at the Free Comic Book Day event at the Maritime Museum of the Atlantic on Saturday. SCOTT MACINTOSH/FOR METRO

### Saturday's draw

## Another \$1M lottery ticket sold in the Truro area

It appears someone from Nova Scotia will be cashing in big-time from Saturday's Lotto 649 draw.

The Atlantic Lottery Corporation announced early Sunday morning that a major win came from a ticket sold in Truro.

According to the ALC website, the win was for \$1 million in the Lotto 649 guaranteed prize draw.

There were four winning tickets for the main jackpot

prize of \$7 million, with two tickets sold in Ontario, one in Western Canada and the other in B.C.

This is just the latest winning lottery ticket sold in the Truro area.

At the end of November, a group of 16 coworkers from Parkland Truro claimed a prize of \$1 million. Three weeks later, a truck driver from New Brunswick was \$1 million richer after purchasing a Maxmillions ticket during a dinner stop in the area.

Between those two wins, a ticket sold in Truro was the winner of a \$100,000 TAG prize through Lot-toMax. **METRO**



## A moment for the mariners lost in the Second World War

Members of the Canadian Armed Forces stand in silence during the ceremony for the Battle of the Atlantic on Sunday morning at Point Pleasant Park in Halifax. The ceremony is held to remember the 3,000 people that lost their lives during the years of 1939-45. PATRICK MCKENNA/FOR METRO

# New library touted as momentous asset

**Media tour.** Building expected to act as a community hub, draw and retain vital youth

SCOTT  
MACINTOSH  
halifax@metronews.ca



Bruce Gorman of Halifax Public Libraries leads Friday's media tour. SCOTT MACINTOSH/FOR METRO

### No silence at the library

"A lot of times, teens are making too much noise in their basements, and this is a sound-proof space that they (or anybody else) can come and create music."

Bruce Gorman, director of central library services, on the new music studio

minded the crowd that well-designed public spaces really matter.

"They inspire and they attract people and they make a statement about community values," Savage said during a news conference on the fifth floor of the building.

"It's not simply something that's nice to have; it is important and critical to the future of our city," he said.

No one is more thrilled than Bruce Gorman, director of central library services for Halifax Public Libraries.

"You can't believe how excited I am. What this library is going to do for our city is really remarkable," he said.

Gorman expects the building will be a hub of activity and a social gathering place. He doesn't have one favourite area in particular but says the new library will offer many compelling services.

"The music studio is a favourite, the Paul O'Regan Hall is a favourite, the outside deck on the top floor and the coffee shops are all favourites," he said.

Government officials were all smiles during a tour of the new downtown Halifax library on Friday.

Media were given a special sneak peak of the library, which is scheduled to open in the fall.

"What a wonderful asset for the city of Halifax, for the entire municipality, for our province and for our country," said Justice Minister and Attorney General of Canada

Peter MacKay.

"This building will attract young people to come to the city — and more importantly to stay and make a future."

The total estimated cost of the project is \$57.6 million, with the federal government providing \$18.3 million and the province another \$13 million. The remaining funding will come from the Halifax Regional Municipality.

Mayor Mike Savage re-

## IWK gets new mental-health unit for youth

The largest children's hospital in Atlantic Canada will open a new unit this week to serve children and youth with severe mental illness.

Officials at the IWK Health Centre in Halifax say the Gar-

ron Centre for Child and Adolescent Mental Health is state-of-the-art.

Anne McGuire, president and CEO of the IWK Health Centre, says it was made possible by a \$5-million donation

from Myron and Berna Garron, along with donations from other local philanthropists and institutions.

Dr. Kathleen Pajer, chief of psychiatry, says the unit will provide treatment for

conditions such as psychosis, depression, bipolar disorder and obsessive compulsive disorder in children and teens.

It will welcome its first patients this week.

**THE CANADIAN PRESS**



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## Investigation

### Police chase referred to Serious Incident Response Team

Nova Scotia's Serious Incident Response Team is investigating after a passenger was injured during a brief police chase in the Halifax area.

The provincial police watchdog says officers tried to stop a speeding vehicle Saturday afternoon on Cobequid Road in Lower Sackville.

Investigators say the vehicle came to an intersection and swerved to avoid one car, but ended up hitting another vehicle stopped in the intersection.

The three occupants of the car and the driver of the speeding vehicle were all taken to hospital with injuries. **THE CANADIAN PRESS**

## On the roads

### Pothole damages five vehicles in 30-minute span

It seems weather conditions and a nasty pothole played havoc with traffic along a highway in Halifax last week.

Police say they helped five motorists who damaged their vehicles after hitting a large pothole on Highway 118 near Exit 13A.

The accidents happened within a half hour period late Thursday.

Police say officers remained by the pothole because of poor visibility caused by thick fog in the area until a Transportation Department work crew could make it to the scene.

The crew patched the treacherous pothole.

**THE CANADIAN PRESS**



The Celebrity Infinity cruise vessel is seen docked in Halifax on Sunday. PATRICK MCKENNA/FOR METRO

# Cruise season kicks off in celebrity style

**Busy port.** More than 100 vessels expected to visit Halifax



HALEY RYAN

haley.ryan@metronews.ca

The cruise ship season has begun in Halifax, and the city's first vessel has some star power in its name.

The Celebrity Infinity cruise vessel arrived at the Port of Halifax on Sunday, the first of 137 planned for the year.

Each cruise vessel is ex-

## In numbers

**31,000**

The estimated number of passengers who will come to Halifax during this year's cruise ship season.

pected to carry about 230 passengers and crew this season.

According to the Halifax Port Authority, the busiest day will be Oct. 7, when about 9,200 passengers will visit the city. This will also be the only five-ship day of the season.

"We need to leave a

lasting impression on our visitors so they come back and stay longer," said Tourism Minister Michel Samson.

Highlights for the season include five visits from the Queen Mary 2, who will first arrive on June 11, and 10 inaugural calls.

The Royal Princess will visit for the first time on Sept. 25. Catherine, the Duchess of Cambridge, christened the ship last June.

According to the Port Authority, the cruise industry in Halifax brings in about \$50 million for the local economy.

# RCMP investigate two horses being shot

Police in West Hants are investigating complaints that two horses were shot in the Wentworth Road area this past fall.

Const. Ian Murphy of the Windsor RCMP says it is alleged the horses were shot near Fundy Gypsum's property in West Hants in November 2013.

"We received a complaint that one horse was shot and killed and that a second horse had been shot and injured," he said, noting that the information was filed with the RCMP

April 15.

He says investigators have a suspect in mind, but no names will be released unless charges are laid.

"We do have a person who is basically alleged to have done this and we're still going through the course of our investigation."

Murphy says a person found responsible for shooting the horses would answer to a cruelty to animals charge under the Criminal Code of

Canada. In extreme cases of cruelty of animals, the offender could be sentenced to up to five years in jail for an indictable offence, he added.

Ralph Morash, the owner of the horses that have recently come to be known as West Hants' wild herd, confirmed the horses at the centre of the investigation evolved from his herd. "They were born from the mares that I had," the Wentworth Road resident said.

**HANTS JOURNAL**



Some of the horses owned by Ralph Morash. HANTS JOURNAL



# Unsung hero of Heartbleed scare

**Justin Bull.**

Self-described cyber-security nut was the first to notice the CRA website's vulnerability

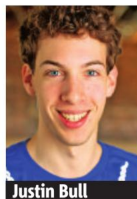
**SAM  
SMITH**

For Metro in Vancouver

You know that tax-deadline extension that finishes May 5 at midnight? You've got Justin Bull to thank for that.

The 23-year-old, Toronto-based self-described cyber-security nut was the first to notice Heartbleed affecting the Canadian Revenue Agency (CRA), beating out their own cyber-security officers and potentially saving even more taxpayers from harm.

Bull's foresight and technical mind resulted in the five-day tax-deadline extension to May 5 at midnight, as well as the find-



Justin Bull

ings that 900 taxpayers' information was compromised.

"I subscribe to a security mailing list, and on Monday, April 7 a bulletin was published about the massive Heartbleed problem," Bull said.

"On Monday it was theoretical, but by Tuesday at 9 a.m. I got a followup post that read, 'We are screwed.' It showed how the theoretical problem was now a practical one."

Bull, who runs several computer servers himself, began to check on them to see if they were vulnerable. They were.

"I started freaking out and so I checked my bank to see if it was a problem there, but it wasn't," he said. "But it got me thinking about other potentially vulnerable websites, and then it dawned on me that it's

tax season, and so I checked it out."

After some testing, Bull confirmed his worst fears — the CRA was exposed to Heartbleed.

"At this point every hour counts," he said. "I was making calls, emailing and I even resorted to tweeting at them about this vulnerability."

Within a few hours the CRA had shut down its electronic services, and soon after, it announced an extension to the tax deadline.

Bull himself used the deadline to get his taxes in on time for the first time in years.

While Canadians across the country have Bull to thank for the reprieve, he is still unsettled by the scare.

"What's worrisome is (the hacker) found a way to potentially purge (the 900 accounts affected) from the system, which suggests to me he got in through an administrator account."



## Lost seamen commemorated

A member of the Canadian military plays the Last Post during the Battle of the Atlantic memorial ceremonies at the Eternal Flame on Parliament Hill in Ottawa on Sunday. Veterans, current service men and women, politicians and dignitaries gathered to commemorate the single longest battle of the Second World War. FRED CHARTRAND/THE CANADIAN PRESS

## Young blood, literally

## Injections improve vitality of older mice

Older mice got stronger, exercised longer and performed better mentally after they were injected with blood from young mice, or even just with a substance that's more abundant in younger blood, U.S. researchers found.

Someday, if more research goes well, this may lead to a way to treat some infirmities of old age in people.

Researchers worked with mice that were roughly the equivalent of people in their 20s and 60s. They repeatedly injected the older mice with blood from either the younger animals or other aged mice.

Those that got the young blood did better in learning and memory tests than mice given the older blood. For example, they performed better at recalling where to find a submerged platform in a maze. **THE ASSOCIATED PRESS**

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# About 2,000 including cops show up for #mansionparty

## Totalling the damage.

Eight windows broken, staircase railing ripped loose, holes punched in drywall, partygoers arrested after allegedly assaulting police

The next time Canice Ejoh hosts a party at his mother's house, he might want to make it invitation-only.

What was apparently intended as a big, but controllable, gathering in their spacious Brampton home near Toronto Friday night exploded thanks to online word-of-mouth, which turned it into a mini-rave that brought 2,000 unexpected visitors — including Peel police — and, for some, a spiral into housewrecking and lawlessness.

"The whole mansion was



Police were called to 3 Stanley Carberry Cres. in Brampton, a suburb of Toronto, early Saturday to close down a massive party at a huge mansion under construction which saw around 2,000 people show up. Booze and beer bottles are strewn all over the property and windows broken all over the home. COLIN MCCONNELL/TORSTAR NEWS SERVICE

jam-packed, over hundreds of people outside waiting

in a line to get in," said Emmanuel Isaac, the DJ at the

party. "(There were) people doing drugs inside, nowhere

to move. People were legless drunk getting carried outside. It was a disaster, but a great party."

Damage to the house, which is under construction, was "substantial," according to Peel Constable Tom Rutan. Some reports pegged the damage at \$70,000.

The party was heavily touted on Twitter, with the hashtag #mansionparty spreading the word throughout Friday. Checks with party-goers and on Twitter confirmed the party was started by Canice Ejoh, a 17-year-old local baseball prospect.

Alistair Colville, 17, a friend of Ejoh's, said the party started out normally, but got out of hand rather quickly.

Police say Ejoh had his mother's permission for the party, but Colville noted only "around 200 to 300 people were kind of expected."

TORSTAR NEWS SERVICE

## Iran

### Two Spaniards caught with live alligator: Reports

Iran's official news agency is reporting that authorities have detained two Spaniards for alleged illegal hunting after they were found with a captured alligator.

The Sunday report by IRNA quotes Gholamhossein Kazemi, head of the environment department of southwestern Ilam province, as saying the two were detained during a midnight ambush.

Kazemi said both were handed to judicial authorities since they were trespassing in an area that bans hunting and had captured a live alligator. He did not identify them.

Their detention marks the first time Westerners have been held in Iran since moderate President Hassan Rouhani came to power in August. In the past, Iran repeatedly has detained Westerners on suspicion of being spies.

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# Acrobats seriously injured in aerial stunt

## Rhode Island.

Eight performers hanging by hair fall 12 metres, dancer below injured as well

A platform collapsed during an aerial hair-hanging stunt at a circus performance Sunday, sending eight acrobats plummeting to the ground. Nine performers were seriously injured in the fall, including a dancer on the ground below, while an unknown number of others suffered minor injuries.

The accident was reported to police at about 11:45 a.m., 45 minutes into the Ringling Brothers and Barnum and Bailey Circus' Legends show at the Dunkin' Donuts Center in Providence.

Stephen Payne, a spokesman for Feld Entertainment, the parent company of Ringling Bros., said the accident happened during an act in which eight performers hang "like a human chandelier" using their hair.

He said the metal-frame apparatus from which the performers were hanging came



In a cellphone photo provided by Tara Griggs, emergency workers tend to injured performers.  
THE ASSOCIATED PRESS

free from the metal truss it was connected to. The eight women fell up to 12 metres, landing on a dancer on the ground.

All the performers have been doing "some variation of this act for some time," Payne said, though he didn't know how long. The current incarnation of the act began in January with the launch of the show, he said.

Providence Public Safety Commissioner Steven Pare said officials and inspectors haven't yet determined what caused the accident. He said none of the injuries appear to be life-threatening.

THE ASSOCIATED PRESS



## Sao Paulo marches for Pride

Participants carry a rainbow flag as people march during the annual Gay Pride Parade in Sao Paulo, Brazil, Sunday. Gay rights advocates are calling for a Brazilian law against discrimination as they gather by the hundreds of thousands in Sao Paulo for one of the world's largest gay pride parades. ANDRE PENNER/THE ASSOCIATED PRESS

## Gene Robinson

### First openly gay U.S. Episcopal bishop to divorce

The first openly gay Episcopal bishop, who became a symbol for gay rights far beyond the church while deeply dividing the world's Anglicans, plans to divorce his husband.

Bishop Gene Robinson has never been fully accepted within the more than 70

million-member Anglican Communion. Robinson announced the end of his marriage to Mark Andrew in an email sent to the Diocese of New Hampshire, where he served for nine years before retiring in 2012. Robinson did not disclose details about the end of their 25-year relationship, but wrote Sunday in The Daily Beast he owed a debt to Andrew "for standing by me through the challenges of the last decade."

THE ASSOCIATED PRESS

## Unauthorized building

### Bridge in south Chinese village collapses

A stone arch bridge under illegal construction in a village in southern China collapsed, killing 11 people and injuring several others, state media and an official said Sunday.

Rescuers pulled out 26 people, mostly construc-

tion workers, after the bridge came down Saturday afternoon in Liangkengkou village in Guangdong province, according to an official at the information office of Maoming city government.

Five of them were confirmed dead at the scene. Eight others were seriously injured, six of whom died later in the hospital, said the man, who refused to give his name, as is common with Chinese officials.

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# Activists free comrades jailed after violent rally in Ukraine



A man is greeted by supporters after being released from a local police station that was stormed by pro-Russian protesters in Odesa, Ukraine, on Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

**Ukraine.** Several people were jailed for involvement in violent clashes on Friday that killed 40

Outrage over the deaths of pro-Russian activists in riots in Odesa triggered new violence Sunday in the Black Sea port, where a mob of protesters stormed police headquarters and freed dozens of their jailed allies.

The activists had been jailed for their involvement

in clashes Friday that killed more than 40 people — some died from gunshot wounds, but most from a fire that broke out in a trade union building. It was the worst violence in the Ukrainian crisis since more than 100 people died in Kyiv in February.

Ukrainian Prime Minister Arseniy Yatsenyuk visited Odesa on Sunday to try to defuse the mounting tensions and hinted strongly that he saw Moscow's hand in the unrest spreading through southeastern Ukraine.

Concerns are mounting that Moscow ultimately aims to take control of a huge swath

of southeastern Ukraine from Trans-Dniester to Russian-dominated industrial areas in the east. Russian President Vladimir Putin, who calls the area historically Russian lands, has said he doesn't want to send in troops but will if necessary to protect his country's interests.

The Interior Ministry said 67 activists had been released on prosecutors' orders. Prosecutors, however, later said they had nothing to do with the release and accused the police of failing to carry out their duties.

Putin spoke by telephone Sunday night with German Chancellor Angela Merkel, the

## Canada-Russia relations

### Canada imposing sanctions

Ottawa says it is imposing economic sanctions on 16 more Russian "entities" over that country's actions in Ukraine.

Prime Minister Stephen Harper issued a statement Sunday saying Russia's "illegal occupation of Ukraine and provocative military activity" remain a serious concern. Harper says the latest measures should increase the economic pressure on Russia and "those responsible for the crisis in Ukraine."

Recently, Harper government has imposed a number of political and economic sanctions against senior officials and some institutions in Russia and Ukraine. **THE CANADIAN PRESS**

## Afghanistan. Country mourns hundreds of victims killed in landslide

As Afghans observed a day of mourning Sunday for the hundreds of people killed in a horrific landslide, authorities tried to help the 700 families displaced by the torrent of mud that swept through their village.

The families left their homes due to the threat of more landslides in the village of Abi Barik in Badakhshan province, Minister for Rural Rehabilitation Wais Ahmad Barmak said.

Another reason for the evacuation was the threat of flooding caused in part by the landslide itself, said Mohammad Daim Kakar, from the Afghanistan Natural Disaster Management Authority.

Engineers are working on a plan to divert the water, he said. Authorities still don't have an exact figure on how many people died in the landslide, Barmak said, and estimates have ranged from 250 to 2,700. **THE ASSOCIATED PRESS**



Afghans search for survivors buried after a massive landslide in Badakhshan province, northeastern Afghanistan. HOMAYOON RAHMANI/THE ASSOCIATED PRESS

## Nigeria. President says 'everything must be done' to rescue kidnapped girls

Nigeria's President Goodluck Jonathan met through the night with security, school and state officials and issued a new directive that "everything must be done" to free the 276 girls held captive by Islamic extremists, an adviser said.

Nigerians' outrage at the failure to rescue the students and protest marches in major Nigerian cities have spurred Jonathan's government to ac-

tion.

The police said last week that the actual number abducted had risen to more than 300 and that 276 remain in captivity. It said 53 of the students managed to escape their captors.

Anguished parents, who have lost confidence in the government and military, have asked for international help.

**THE ASSOCIATED PRESS**

latest in a series of discussions they have had about Ukraine.

The Kremlin said they agreed on the importance of the role to be played by the Organization for Security and Co-operation in Europe, and said Swiss President Didier Burkhalter, whose country currently chairs the OSCE, would visit Moscow on Wednesday.

The interim government in Kyiv, which took power in February, has renewed its push in recent days to quell the pro-Russian insurgency in the east, where government buildings have been seized in more than a dozen cities and towns.

**THE ASSOCIATED PRESS**

## Three killed after bomb explosions in Nairobi

Three people were killed and at least 60 wounded when two homemade bombs exploded on buses along one of the busiest highways in the Kenyan capital, Nairobi, authorities said Sunday, as this East African nation struggles to stop a series of terrorist attacks.

Of the 60 wounded, 20 were in critical condition, according to the National Disaster Operations Center.

Sunday's blasts were on two buses packed with commuters along Thika Highway, said Moses Ombati, Nairobi's deputy police chief.

The explosions came a day after two blasts at the Kenyan coast killed four people.

Kenyan President Uhuru Kenyatta said Sunday that terrorists want to provoke a sectarian war.

"The terrorists would like a war of religion, bringing to

an end our history of tolerance. This country will not allow it. The terrorists will be treated as the vicious criminals they are, and our tradition of easy coexistence will be maintained," Kenyatta said.

Kenya has been hit by a wave of gun and explosives attacks since it sent troops to neighbouring Somalia to fight the Islamic extremist rebels, al-Shabab, in 2011.

**THE ASSOCIATED PRESS**

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# B.C. church holds Star Wars-themed service

A crowd of regular churchgoers, a handful of Jedis, Sith lords and even an Ewok gathered at St. Andrew's-Wesley United Church in Vancouver to praise the Gospel of Luke — Luke Skywalker, that is.

The church organ and choir swapped their usual repertoire for the movie themes of film soundtrack composer John Williams while Rev. Kathryn Ransdell exchanged her ceremonial garb for Princess Leia's royal getup.

No, it wasn't an Imperial invasion; it was part of May the Fourth, or Star Wars Day celebrations.

For many churchgoers, it was a way to merge a historical tale of good and evil with a Hollywood blockbuster. Ransdell made comparisons between biblical tales and the Star Wars movies.

"The battle between good and evil exists everywhere, not just in a church," said Lorraine Graves, whose son's idea to celebrate May the Fourth sparked the theme of the service. "The real world is what the lessons



Brandon Young, 10, sings a hymn at St. Andrew's-Wesley Church in Vancouver on Sunday.  
DARRYL DYCK/THE CANADIAN PRESS

are about — whether we're learning from stories in the Bible, or stories in a movie."

The first reference to Star Wars day was on May 4, 1979 — about two years after the first movie was released — when Margaret Thatcher was elected prime minister of Britain.

The London Evening News printed a half-page ad reading "May The Fourth Be With You, Maggie. Congratulations," a play on the movie's popular mantra, "May the force be with you." **THE CANADIAN PRESS**



## Clowning around for a good cause

People wearing red noses gather in Montreal, Sunday, in an attempt to break the Guinness World Record for the most people wearing a red nose at any one time in any one place. The event was organized to raise money and awareness of cancer in young people aged 18 to 30.

GRAHAM HUGHES/THE CANADIAN PRESS

### Brazil

## Stolen lion found by police at ranch

Police in Brazil have found a lion that was stolen three days ago from an animal shelter in the state of Sao Paulo.

Officers recovered the lion

at a breeding farm 515 km from the sanctuary where nine-year-old Rawell was stolen. The breeding farm's rancher previously owned the lion and contends he still does.

**THE ASSOCIATED PRESS**

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# Feeling like a twit for falling for Twitter?



**HOW TO ROLL**  
Alison Griffiths  
metronews.ca

If you're looking for stock market love, be aware that those social media affairs can be mighty fickle. Take Twitter. Mere months ago, the IPO (initial public offering) that launched Twitter onto the big board at the New York Stock Exchange was everyone's darling. Now, its shares are as appealing as a warm glass of champagne the morning after the night before.

What happened? To understand what is going on with Twitter, it's important to know a bit about listed companies.

There are basically three kinds of stocks: momentum, growth and value. Of course, there are a multitude of nuances within those very broad categories, but essentially most stocks fall within one of those designations.

**Momentum** stocks don't need anything more than a good story. Investors interested in momentum will jump on a stock like a surfer on a wave. But unlike surfers, they also jump off at the slightest hint the wave is cresting.

**Growth** stocks require not only booming revenues, but also earnings that are projected to leapfrog ahead of the pack. Some companies have tons of cash and grow by acquiring other companies. Others have unique products or services



**Did Twitter lure you in, only to break your heart?** GETTY IMAGES

that are in high demand. Growth investors will watch for any sign that revenues and earnings are declining.

**Value** stocks such as Canadian banks and utilities tend to be the Steady Eddy of the stock market world. Those who are looking for lower risk, regular dividends and the promise of gradual stock price increase over time orient themselves to these kinds of companies.

Now to Twitter. It began as a momentum stock. Unlike many in that category, it progressed to growth stock status with real revenues, earnings and, most importantly, a quickly rising user base. Without the latter, there is no growth and no increase in income.

Herein lies the problem. Twitter just announced that the pace of new Twitter users has decreased from 30 to 25 per cent on an annualized basis. No one expects Twitter to graduate to a value stock any time soon. So, without a momentum story and with the first indication of slowing growth, investors are taking their money elsewhere.



## Bed, bath and beyond for \$21,000 ... one way

Talk about some serious legroom. Gulf carrier Etihad Airways laid out plans Sunday to offer passengers miniature suites featuring a bedroom, private bathroom and dedicated butler. Etihad already woos fliers with perks including private first-class chefs and in-flight nannies. The 125-square-foot suite will likely cost three to four times as much as regular first-class seats, or about \$21,000 US from Abu Dhabi to London — one way. **THE ASSOCIATED PRESS**



**Coca-Cola is taking brominated vegetable oil out of some Powerade drinks.** THE ASSOCIATED PRESS FILE

## Powerade now minus the brominated vegetable oil

Coca-Cola is dropping a controversial ingredient from its Powerade sports drink, after a similar move by PepsiCo's Gatorade last year.

The ingredient, brominated vegetable oil, had been the target of a petition by a Mississippi teenager, who questioned why it was being used in a drink marketed toward health-conscious athletes. The petition on Change.org noted that the ingredient is linked to a flame retardant and is not approved for use in Japan or the European Union.

In response to customer feedback, PepsiCo said last year it would drop the ingredient from Gatorade. At

the time, Coca-Cola declined to say whether it would remove the ingredient from the two flavours of Powerade that contain it as well.

But this week, bottles of Powerade in fruit punch and strawberry lemonade flavours being sold in the Detroit, Michigan; Omaha, Nebraska, New York and Washington, D.C. areas no longer list the ingredient. Some bottles still list it, however, suggesting Coca-Cola Co. may have started phasing it out recently.

A representative for the Atlanta-based company confirmed Sunday that its Powerade brands are "BVO-free." **THE ASSOCIATED PRESS**

### Fibre-optic networks

## Phone and cable companies duke it out for customers

Armed with fast fibre-optic networks that can now reach millions of homes across the country, Canada's telephone companies have turned the tables on the cable companies.

They're reversing a trend that emerged about a decade ago when the big cable companies made a major push into residential phone service, taking a piece of what was once the telcos' sole domain.

Now the phone companies are fighting back as they replace more of their copper-wire infrastructure with high-speed fibre optics that deliver TV service comparable to what the cable guys can offer. **THE CANADIAN PRESS**

### As BlackBerry fades

## K-W aims to be Silicon Valley North

Ask city officials in Kitchener and Waterloo, Ont., where the future of Canada's technology sector lies, and they'll show you a map of Silicon Valley.

The bustling stretch between sunny San Francisco and San Jose — home to giants like Google and Apple — has become the template for a new vision of Ontario's technology sector, which is redefining itself in the wake of BlackBerry's massive layoffs.

Instead of going it solo, Waterloo organizers hope to mimic Silicon Valley by strengthening ties to tech organizations in Toronto.

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1) The government alienates many current nurses by dismissing their concerns about patient safety as just another union negotiating ploy.

2) The government effectively removes nurses' right to strike by deeming almost all of them essential, without either compensating them to reflect that, or providing a fair alternative like compulsory arbitration to settle contract disputes.

3) The government's health minister wades into waters where he has no business, not merely, and reasonably, suggesting he would prefer one nurses' union instead of two in his one-big-health-board-of-the-future, but al-



**URBAN COMPASS**  
**Stephen Kimber**  
halifax@metronews.ca

so expressing a clear but unseemly preference for one (more docile?) union over the other.

4) And, finally, to season the pot of already roiling discontent among the most-important-to-our-future cohort of young nurses and nursing students, the government wipes out a tax break aimed at keeping post-secondary graduates in Nova Scotia.

With three of every five nurses in the province eligible to retire in the next 10 years, one would have thought the \$15,000-per-graduate tax break was a worthwhile investment.

But the government claims the rebate — which was for all post-secondary grads and which cost the treasury \$49.5 million a year — wasn't effective. In the words of Finance Minister Diana Whalen, "the research was that we were still seeing the same amount of out-migration."

Interesting. If graduates were claiming roughly \$50 mil-

## Dwindling numbers

With three of every five nurses in the province eligible to retire in the next 10 years, one would have thought the \$15,000-per-graduate tax break was a worthwhile investment.

lion in rebates to stay in Nova Scotia, how many of them will now decamp elsewhere? How many of them will be nurses?

For young nurses, of course, the disappearing rebate is just one more nail in the Nova Scotia coffin.

"No one wants to be here anymore," noted Caitlynn Baker, a vascular surgery nurse at the QEII hospital. She was one of three young nurses who told CTV News last month they are already looking at jobs south of the border.

Instead of spending \$4.7 million on a new nursing strategy to retain nurses, the government might look at what it's currently doing to drive them away.

## ZOOM

### Sea stars vanish into the sea



Scientists are making progress trying to figure out what is causing the mass die-off of sea stars along the entire west coast of North America. Sea Star Wasting Syndrome has decimated the creatures from Alaska to Mexico, wiping out some colonies off the coast of British Columbia. HANDOUT

#### Scientists narrow in on Sea Star Wasting Syndrome

Scientists are making some headway in figuring out what is killing millions of sea stars in the waters off the Pacific coast, from British Columbia to Mexico.

While a definitive answer eludes them, researchers suggest a pathogen — either bacterial or viral — is responsible for the death toll.

Populations of several different species have been wiped. **THE CANADIAN PRESS**

#### Disintegration

The disease was first noticed last summer, among sunflower sea stars near Vancouver and Seattle. Within weeks, whole colonies had dissolved into the sea. White lesions appear on the arms of the sea stars. Very quickly, they begin to deteriorate until their arms fall off. Eventually, there's nothing left but "goo."

Just gathering specimens for testing was a challenge because the creatures disintegrated so quickly. **THE CANADIAN PRESS**

#### High toll

- Sunflower sea stars were the first found disintegrating on the ocean floor, but the disease has not been discerning. Morning sun, mottled, giant pink, and purple stars have suffered the highest mortality.

- In the pockets where the syndrome takes hold, mortality is upwards of 95 per cent.

## METRO AUGMENTED REALITY

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## Worth mentioning. In dry times, California city mulls restarting its old desalination plant to suck up seawater

The seaside city of Santa Barbara thought it had the perfect solution the last time California withered in a severe drought more than two decades ago: Tap the ocean to turn salty seawater to fresh water.

The \$34-million desalination plant was fired up for only three months and mothballed after a miracle soaking of rain.

As the state again grapples with historic dryness, the city nicknamed the "American Riviera" has its eye on restarting the idled facility to hedge against current and future droughts.

"We were so close to running out of water during the last drought. It was frightening," said Joshua Haggmark, interim water resources man-



Joshua Haggmark, interim resources manager for Santa Barbara, Calif., stands next to a desalination plant. ALICIA CHANG/THE ASSOCIATED PRESS

ager. "Desalination wasn't a crazy idea back then."

Removing salt from ocean water is not a far-out idea, but it's no quick drought-relief op-

tion. It takes years of planning and overcoming red tape to launch a project.

Santa Barbara is uniquely positioned with a desalination plant in storage. But getting it humming again won't be as simple as flipping a switch.

After the plant was powered down in 1992, the city sold off parts to a Saudi Arabia company. The guts remain as a time capsule — a white elephant of sorts — walled off behind a gate near the Funk Zone, a corridor of art galleries, wineries and eateries tucked between the Pacific and U.S. 101.

The city estimates that it will need \$20 million in technological upgrades, a cost likely to be borne by ratepayers. **THE ASSOCIATED PRESS**

## Ebooks



**MIND THE APP**  
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## Mom in the Movies

By Richard Corliss

Kindle/iBooks/Kobo

Where have all the movie moms gone? This rich, engaging exploration mourns their recent fading from modern screens by reminding us of their past diversity as protectors, peacekeepers, martyrs, matriarchs, victims, and scene-chewing villainesses. Large photo galleries and side essays from Debbie Reynolds, Carrie Fisher, and Tippi Hedren help remind us all that we're missing out.

# What's it like being chased by fan girls?

## Neighbors.

Dave Franco — younger brother to James — dodges some screaming fans to sit down with Metro



**NED EHRBAR**  
Metro World News in Hollywood

This must be what being a Beatle felt like. In one of the more interesting interview scenarios I've encountered, the reps for *Neighbors* tossed Dave Franco and myself in the back of an SUV to circle the neighbourhood around their makeshift frat house at SXSW so that we could talk in peace. See, the screaming girls who'd been following Franco and co-star Zac Efron around had found the house. So into the SUV we went.

## Animal House aside, you don't normally see frat guys depicted in a positive light.

What I love about this movie is you get to choose sides, and there's not a clear villain or hero. At the beginning of the movie, my character is ... a little similar to parts I've played in the past in terms of being a little more villainous and kind of douchey. And then as the movie progresses,



Dave Franco stars in *Neighbors*, which opens this Friday. CONTRIBUTED

you get to see me interacting with my frat brothers more, and you get to see the human side, some vulnerability and that this guy is a good person, deep down. And I give [director Nick] Stoller credit for making these well-rounded characters and for making it something where the audience is going to probably flip-flop in terms of

who they're rooting for.

## You were never in a frat, right?

I wasn't, but I went to USC, where the Greek system is huge. I had friends who were in fraternities so I'd go to their parties, but it would always be awkward for me because my friends would invite me, but

then the rest of the fraternity brothers who didn't really know me always questioned why I was there, because the rest of them went through this crazy pledge semester and Hell Week, and I didn't earn that. But I did experience to some degree similar party atmospheres to those you see in the movie.

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## Simpsons murder mystery. It's anyone's guess which character will say sayonara

The fall season premiere of The Simpsons will be a Game of Thrones parody called The Yellow Wedding, and the show is committing to it in a big way: One of its characters will die for good. But which one? Barney? Grandpa? Krusty the Clown?

Showrunner Al Jean dropped a few hints about who'll be going to the big doughnut in the sky.

"This is going to be a bigger deal than King Joffrey on Game of Thrones — The Yellow Wedding!" Jean told TV Line. "The character that dies is portrayed by an actor who won an Emmy for playing that character. People who reported on it then reported we were killing an 'iconic' character; I'd like to say it's a great character, but I never used the word 'iconic.' It's a terrific character and it (happens in) our premiere this coming year."

Jean also implied that the actor who voices the doomed character doesn't voice any others on the show. "What we told the performer is,



The Simpsons included this tribute to actress Marcia Wallace in the opening credits for the Nov. 3 episode. FOX

"This does not mean the end of your participation in The Simpsons," he said, suggesting they could return in a dream sequence or the Halloween special Treehouse of Horror.

We're looking for an Emmy-winning actor who voices a character who's popular but not iconic, and who doesn't voice any other

characters on the show. Fans have pieced that information together and believe they know who bites the dust: Rabbi Hyman Krustofsky, Krusty the Clown's dad.

Who? Well, quite. If The Simpsons wants to emulate Game of Thrones, it's got to kill someone who's actually beloved.

MELINDA TAUB/METRO WORLD NEWS

### Television

#### Double agent Kim Philby could inspire new series

The British MI6 spy Kim Philby, who turned out to be working for the KGB during the Cold War, has attracted the attention of Lionsgate Entertainment.

The studio has optioned the biography on Kim Philby, A Spy Among Friends by Ben Macintyre, to develop a new TV series, Deadline.com reports.

A member of the British Secret Intelligence Service from 1940 into the Cold War, Philby became a legend in spy history. After discovering communist philosophy while still a stu-

dent at Cambridge during the 1930s, Philby quickly became an undercover KGB informant even as he rose in the ranks at the MI6.

The biography tells how Philby betrayed two of his closest friends in the West: Nicholas Elliott of the MI6 and James Angleton, who was head of the CIA Counterintelligence division from 1954 to 1974. AFP

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# ATHLETES CHAMPION THE POWER OF PLAY

At Canadian Tire Jumpstart, we believe that all kids deserve the chance to play, and our athlete ambassadors do too. They know what it means to work hard, to dedicate time and resources, and to be given a chance to participate. One in three Canadian kids are not given this chance. Financial barriers such as registration, equipment and transportation fees keep many kids from getting in the game.

That's why Jumpstart, a national charity dedicated to helping kids from financially disadvantaged families participate in organized sports and physical activity programs, is working to close this gap. Equipping kids for life through sports does more than improve health and well-being; it helps them develop a sense of belonging to the community, lifelong friendships, life skills such as confidence and teamwork, and the inspiration to excel on and off the field.

Across Canada, Jumpstart has a network of athlete ambassadors who share and

## MARK MCMORRIS

**Sport:** Snowboard

**Mantra:** Give'r!

**Why did you partner with Jumpstart?**

"I have been participating in sports since I can remember and Jumpstart gives kids the opportunity to participate in sport. Charities like Jumpstart hit home for me. I'm glad to stand behind something that is doing the right thing for kids in Canada."



See that symbol? It means you can scan this photo of Mark McMorris with your Metro News app to see more.



support this vision. They embody the best values of sport, and recognize the impact it can have on shaping Canada's future through younger generations. These athletes have been our mentors, our role models and our inspiration, and they recognize the importance of keeping all children and youth active because We 'Can' All Play for Canada.

## CHARLES HAMELIN

**Sport:** Speed skating

**Mantra:** Have fun doing it and play fair.

**Why did you partner with Jumpstart?**

"Health is really important for kids and sport is the best way to get healthy and active. I was lucky that my parents were good examples for me in sport when I was young. Jumpstart is there to make sure that all kids have opportunity to get involved in sport and at the same time make Canada's future healthier."

## MAËLLE RICKER

**Sport:** Snowboard cross

**Mantra:** If plan A doesn't work, there are 25 other letters in the alphabet.

**Why did you partner with Jumpstart?**

"Participating in sport growing up impacted

my life in many positive ways on and off the mountain, and Jumpstart is an amazing charity that helps children get those amazing sporting opportunities as well."

## ROSIE MACLENNAN

**Sport:** Trampoline

**Mantra:** As long as I breathe.

**Why did you partner with Jumpstart?**

"I was brought up in a very active family and participating in sport was always a way for my siblings and me to connect to each other but also to new friends. It was a way for us to learn and find something that we were really passionate about. It also let us face challenges and overcome them. I think it is so important for kids to get involved in sport, but there is not always a way, and Jumpstart is changing that."

## BENOÎT HUOT

**Sport:** Paralympic swimming

**Mantra:** Never give up on your dreams and make every day count.

**Why did you partner with Jumpstart?**

In August of 2013, Benoît became Jumpstart's newest ambassador and has been working with Jumpstart from his home province of Quebec to help increase access

to sport for athletes at all levels. He is the perfect example of a professional athlete who breaks down barriers.

## JONATHAN TOEWS

**Sport:** Hockey

**Why did you partner with Jumpstart?**

"If kids don't have the same chances I did as a kid, they don't quite have the same chance to accomplish their dreams. "Maybe they have dreams of being a professional someday or they just want to have fun, make friends and learn what it takes to be on a team."

It's always easier to pursue your dreams when you have help, and these athletes know it's easier to succeed when you have the support of your parents, friends, neighbours, teachers, coaches and community. Thanks to our network of supporters, Jumpstart is part of every community in Canada.

Since 2005, Jumpstart has helped more than 700,000 kids (and counting) get off the sidelines and into the game. To apply for funding, donate, or learn more about Jumpstart and the impact we're making in your community, please visit [canadiantire.ca/jumpstart](http://canadiantire.ca/jumpstart).

**Donate \$2 today.** Visit your local Canadian Tire, Metro Sports Experts, or Canadian Tire Gas+ location and do

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**Together we can**





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# JUMPSTART AND HRM HELPS KIDS PLAY

One in three Canadian families cannot afford to enrol their kids in organized sports and physical activities, which means they are missing out on developing the confidence, social skills and discipline that come with organized play. At Canadian Tire Jumpstart Charities, we believe every kid deserves a sporting chance, which is why we have partnered with Halifax Regional Municipality (HRM) Community Recreation Services to develop The Jumpstart/RecKids Program.

This program offers assistance to children and youth who, due to financial barriers, would not otherwise be able to participate in sport, art, cultural and recreational activities.

"The benefits of kids participating in sports affects their entire lives, not just their childhood years," said Dan Howlett, director of operations and community programming, Canadian Tire Jumpstart Charities. "Charities like Canadian Tire Jumpstart are dedicated to removing financial barriers so all kids have the opportunity to participate in the sport or physical activity of their choice."

We see it as equipping kids for life because those who get the chance to

participate make friends, and they develop a sense of belonging to the community. They also develop life skills, such as confidence and teamwork, and they learn to live healthy, active lives.

In 2013 alone, the Jumpstart/RecKids Program allocated more than \$40,000 to help more than 400 kids.

"This partnership is an investment into the future of young people," says Charles Woodford, regional manager, Atlantic Canada, Canadian Tire Jumpstart Charities. "It fosters co-operation and good citizenship, promotes positive behaviours, and encourages a healthy lifestyle."

Since 2005, Jumpstart has helped more than 700,000 kids (and counting) to play. Thanks to a unique charity model that involves working with more than 3,100 Jumpstart community partners, such as HRM Community Recreation Services, we are able to be on the ground in every community in Canada.

Jumpstart also has an extensive network of 330 local Jumpstart chapters across Canada. This allows Jumpstart to ensure 100 per cent of all customer donations made in-store remain in the community. Since the creation of the HRM Jumpstart

chapter, more than \$1 million has been invested back into Halifax to help give more than 12,300 local kids a sporting chance.

To learn more about the program, visit [halifax.ca/rec/JumpstartRecKids.html](http://halifax.ca/rec/JumpstartRecKids.html) or call 902-490-3895.

You can help create opportunities like the Jumpstart/RecKids Program in your community by supporting the Jumpstart Red Ball campaign. Throughout May, head into your local Canadian

Tire, Mark's, Sport Chek, Atmosphere, National Sports, Sports Experts, or Canadian Tire Gas+ location and donate \$2 in exchange for your own Jumpstart Red Ball, representing the gift of play you are giving to a deserving child. One hundred per cent of your donation helps kids in your community. To learn more about how Jumpstart is making an impact in your community or to make a donation, visit [canadiantire.ca/jumpstart](http://canadiantire.ca/jumpstart).



Mark's, Sport Chek, Atmosphere, National Sports, donate \$2 in exchange for your own Jumpstart Red Ball. Start or call 1-877-616-6600.

**help all kids play**



**Jumpstart**

# Bauer is back, this time on James Bond's turf

**24: Live Another Day.** Kiefer Sutherland reprises his role as the super agent in 12-episode miniseries

Jack Bauer is no James Bond. He wears a sweat-stained T-shirt instead of a Tom Ford suit. There is no jazzy musical theme song when he walks in the door, just the ominous countdown of that thudding clock. And unlike the imperturbable Bond, Bauer seems perennially shaken, stirred and mightily pissed off, especially when it comes to terrorists.

In 24: Live Another Day, Canadian Kiefer Sutherland reprises his role as the bedraggled super agent. And this time he's working on Bond's turf; the action takes place in London.

And the title, Live Another Day, echoes the Pierce Brosnan Bond of Die Another Day.

But this is not the London of postcards: There are few



Jack Bauer is taking his smack-down ways to London. CONTRIBUTED

tourist shots of Big Ben or the Tower of London. Nor is there a blow-dried Brosnan in sight. Much of it could have been shot in any industrial borough in the westernized world.

But it is a fitting backdrop to the older, wiser and now even more grizzled Bauer. The action takes place four

years after the end of Season 8. Bauer is a fugitive wanted by both the American and Russian governments.

The American president is in London for high-level talks, and Bauer's former employer, the CTU (Counter Terrorist Unit), is hunting him. As with prior 24 seasons, the two-hour premiere

of the 12-episode miniseries (Monday at 8 p.m. on Global and Fox) mixes current events with flashpoint topics. The script blends in the controversy over the use of drone warfare with shades of WikiLeaks and Edward Snowden.

However, the rebooted 24 covers no new stylistic

ground. And it is arguable whether it has aged well compared to competitors in the new golden age of serialized television that it helped spawn.

When it launched in 2001, 24 was revolutionary in concept. The torrid pacing, the split screens (shades of the multi-tasking CP24 generation) are part of the legacy. And the idea of an entire series devoted to a day in the life of an agent, with each episode depicting real time, garnered 20 Emmy Awards.

It was also hugely influential in both the TV and film worlds. Daniel Craig's more downscale portrayal of Bond — right down to the scruff — owes more to Jack Bauer than it does to all the previous Bond incarnations.

Since then, the much copied show has given us a franchise of equally fast-paced action thrillers from the critically acclaimed Homeland to the stylish drama of The Blacklist.

London-born Sutherland was 34 years old when he started playing Bauer. At 47, he is noticeably slower, the

fight scenes less convincing.

When I talked to Sutherland early in the year, he was leaving the next day for London. He said he was on a tough fitness schedule and hadn't felt better.

"We never had a season that was perfect. And this is an opportunity for us to make it a perfect season," he said.

It's far from a perfect beginning. But what the competitors can't duplicate is Sutherland's snarling, disenfranchised Bauer. The furrow on his brow is a character in itself.

So if you've missed Bauer kicking people in the groin, rejoice. No one whups butt quite like the super agent. Some of that is because Bauer has become a symbol for a besieged America taking on the post-Sept. 11 world.

The show has been criticized for depictions of Muslims and of torture scenes. But whether he is an enemy of the state or a new age American hero, there is no ambiguity in who you are rooting for.

TORSTAR NEWS SERVICE

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- like a rise in

# literacy



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Big Brothers Big Sisters.ca





Kerry Washington

## It's a girl for Kerry Washington

Kerry Washington and retired NFL player Nnamdi Asomugha are officially parents.

A birth certificate shows the couple's daughter Isabelle Amarachi Asomugha was born around 5 p.m. on April 21 in Los Angeles. The parents haven't announced the baby publicly. Washington's publicist Amanda Silverman said no statement was available.

Washington is the Emmy-nominated star of the ABC series *Scandal*. The show's third season was cut short after the 37-year-old actress became pregnant.

THE ASSOCIATED PRESS



Naya Rivera ALL PHOTOS GETTY IMAGES

## Naya Rivera is still a Glee

Naya Rivera won't be absent from *Glee*'s sixth season.

"There is no truth to the rumour Naya has been fired from the show," the Fox network noted in a statement Saturday night, which concluded, "She remains under contract to *Glee*."

Rivera plays Santana Lopez, a lesbian *glee* club member, on the popular musical drama.

Before *Glee* actress Lea Michele arrived Saturday morning at the premiere of her latest film, the animated *Legends of Oz: Dorothy's Re-*

turn, a publicist for Michele said her client would not comment on co-star Rivera, the subject of numerous rumours and reports over the last week.

But Michele did reveal *Glee* had its fifth-season wrap party Friday night.

It's been a difficult year for the series' cast and crew, in the wake of the July 2013 overdose death of actor Cory Monteith, who had been romantically linked to Michele.

The show's fifth-season finale is set to air May 20.

THE ASSOCIATED PRESS

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop goes the week

## How many new Coldplay songs will it take to mend a broken heart?



STARGAZING  
Malene Arpe  
scene@metronews.ca

Chris Martin says he's largely to blame for his recent "conscious uncoupling" from Gwyneth Paltrow. In that he really wanted to get away from her.

Rumours persist that Gordon Ramsay recently got a second hair transplant. Says a rep for Ramsay,



"Shut your bleeping bleep, you bleeping liar."

To prepare for playing Elton John in the upcom-

ing biopic, Tom Hardy has been wearing the singer's old clothes. Is it weird that I find the thought of Tom Hardy in boia ... interesting?

Chrissy Teigen says that she and husband John Legend recently had mile-high sex under a blanket in first class and that they should "get a trophy for that." Appropriate responses to this unsolicited information include: 1) Eww. 2) Blerg. 3) First-class cooties, amirite? 4) Gross. 5) Still not as bad as the four snotty toddlers screaming non-stop on my last nine-hour flight.

Rumours persist that Rihanna and Katy Perry were observed dancing very, very close. Says a rep for the two, "Shut your titillating tantalizer, you fantasizing liar."



Ben Affleck

## Ben Affleck caught cheating ... at blackjack

The Hard Rock Casino in Las Vegas caught Ben Affleck counting cards over the weekend and banned him from the game for life.

According to the Hollywood Reporter, the Argo actor (and future Batman) was in town with wife Jennifer Garner when he was approached by security for winning a little too often.

Nobody lost their cool, though. The hotel invited him to play a few other games and then ordered a car for him. Technically, counting cards isn't illegal. Casinos just don't appreciate it very much.

The Reporter also mentioned that Affleck won a reported \$800,000 US in 2001 playing the same game at the same casino.

METRO WORLD NEWS



Johnny Weir

## Fashion-forward Johnny Weir picks the winning horse

The Pegasus-themed hat Johnny Weir wore to the Kentucky Derby practically shut down the Internet on Saturday.

Weir, who was there as a fashion correspondent for NBC along with skater Tara Lipinski, described his hat as "clean, pure, fun, feathers, and that's what the Derby's about, fashion-wise."

Lipinski's favourite aspect of the Kerin Rose Gold-de-signed hat? "The golden hoof,"

she noted. "It is sparkling."

Weir is currently going through a bitter divorce with his husband of two years, Victor Voronov, a Georgetown Law grad. The divorce drama has apparently caused the Olympian to drop out of the upcoming season of *Celebrity Apprentice*. In the ongoing divorce hearings, Voronov has claimed that Weir is worth \$10 million, though Weir has refuted that. METRO WORLD NEWS

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# Five more reasons we often find ourselves in Debt Hell

## Debt's a losing game.

And you have to be prepared for those times in life when you may be dealt a bad hand



**GAIL VAZ-OXLADE**  
Gail blogs daily at [gailvazoxlade.com](http://gailvazoxlade.com)

Last week I talked about five ways people end up going into debt. From not being prepared with an emergency fund to not putting the effort into managing money responsibly, there are plenty of ways to get into debt. Here are yet five more ways people dig themselves a debt hole, often without ever thinking about what they're doing wrong.

### Expenses go up, but spending doesn't go down

There are the people who buy a home and think they can still eat out six nights a week. Then there are the people who have kids and still think they can spend \$600 on a handbag. Or how about the people who start their own businesses and still think a vacation every year is their right?

Whenever you make a move that sends your expenses up, but don't cut back on your discretionary spending, you're stepping on the road to Debt Hell.

### We don't talk about money

How can you have an intimate relationship with a partner and then refuse to talk about your money? All the time I hear people say things like:

- "That's his money. He earned it."
- "She makes more than me, so I don't have the right to ask questions."
- "I try to make a budget, but he just won't have anything to do with it."



Gambling can put you on a slippery slope toward financial disaster. ISTOCK

- "He has no self-control. We just fight about money all the time."
- "She keeps the stuff she buys a secret. I find things with the tags still on them."

If you love each other enough to make a life commitment, why aren't you willing to talk about managing your money as a team? Perhaps it's because one or both of you don't want to be accountable. Or maybe your self esteem is bruised because your partner

### Choices, choices, choices

Going into debt is sometimes a choice. We make the choice when we buy something we can't afford to pay for, every time we don't bother to check to see if we have enough money in the bank to get to the end of the month and every time we waste \$5.

makes more and throws his or her weight around.

### Divorce

Two people cannot run separate households as cheaply as they can run one, so if you divorce, one or both of you will feel a lot poorer.

It's a sad reality that a huge percentage of households are torn apart emotionally and financially by divorce. Divorce is one of the reasons I think joint credit is a really, really bad idea. That means no joint credit cards. And if you must have a joint line of credit, it should take two signatures to access it. That way one person can't destroy the other financially with silly shenanigans.

### Gambling

I can't believe the number of people who blow money on games of chance. From the lottery to the slots, from poker to the casinos, people are dumping millions and millions of dollars they could be using to build

their own lives into the profits of those who run the Dream Machine.

Some people have such serious issues with gambling that they lose their homes. Gambling is not the answer to money problems; it is the route to more money problems. And while someone always wins when you gamble, the dice are loaded in favour of The House.

### Banking on a windfall

Not unlike the gambler, the person who is banking on a windfall doesn't want to have to work as hard as it would take to get the life they want. Count all the people who aren't saving for their retirement in this group. Ditto the people who aren't putting money away for an emergency.

Like magic, money will fall into their laps and they will be able to right all their financial wrongs. Most people who benefit from a windfall end up in debt anyway because they never had the discipline and strategies for money management in the first place.

Sure you can forgo one leg of your financial plan because you're trying to make another stronger — giving up saving until your debt is repaid is the classic example. But don't fool yourself. Like a table with a weak leg, it'll only take a little pressure in the wrong place to make the whole thing fall down.

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## Got any wedding guest horror stories?

### This author has more.

Jen Doll wants to save you from getting egg on your face at your friends' nuptials

Before you spend money on a dress you'll never wear again, before you scroll down a list of wedding registry gifts just looking for something in your price range — and most importantly, before you weed through your list of Facebook friends looking for someone hot enough you can ask to be your date without it being too weird — read these tips from Jen Doll, author of *Save The Date*.

She's been to more than her fair share of weddings, has seen it all and is here to save you from any wedding-guest mortification you are unknowingly setting yourself up for.

### Don't make out with anyone related to the bride

"If you're single, you can flirt or make out with anyone you are attracted to who is also single ... as long as they aren't a relative of the bride," she says. Let Doll, who has seen her fair share of disastrous wedding hookups — and even had some of her own — save you from doing something you'll regret the next day. "The price of paying for it is too great with the awkwardness and potential apologies waiting

to be made," she warns.

### And that goes for the cater waiters too

Even if the hottest people at the reception at the ones keeping your wine glass full, Doll says it's best not to flirt with the wait staff. "They're there to serve you, so they have to be nice to you. It's a bit ungenerous to put them in that spot," she says. If it really seems like true love, Doll recommends exchanging digits and hanging out at a later date.

### Don't do shots

The open bar isn't going to shut down, so there's no need to rush to the bar and start the day with tequila shots. When



it comes to boozing it up at a wedding, take it slow. Doll has a whole section in her book devoted to the dangers of the open

bar, so learn from her mistakes.

### Don't bring a date just so you're not alone

There are definitely times when you should bring a date to a wedding, like when you're married or dating someone you like being around and who your friends like being around, too. But there are times when it's better to go solo, even when you'd rather not. "If you're going to be seeing a lot of old friends and it's like a reunion, it might be best to go alone," Doll explains. You don't want to be stuck explaining who every person you name-drop is to your date, who will probably be bored, anyway.

**EMILY LAURENCE/METRO WORLD NEWS**



# UNDERSTANDING MENTAL ILLNESS

## ONE IN FIVE CANADIANS ARE AFFECTED

Depression. Attention deficit disorder (ADD). Anxiety. Addiction. Schizophrenia. These are examples of the wide variety of mental health issues one out of every five Canadians suffer from, and for many these medical conditions can be debilitating.

Some people suffer short-term episodes of depression or anxiety that is debilitating to the point they can't work or function normally. Others have issues around anxiety and fear that prevents them from doing certain activities. For others, mental illness is a lifelong burden that has environmental, psychological or biologic roots.

"Mental illness can affect people at all ages any stage of life," says Dr. Michael Teehan, president of the Canadian Psychiatric Association. "About 70 per cent of mental health problems start during adolescence and early adulthood, and extend into the adult years."

Mental illness is the second leading cause of disability and premature death (often by suicide) and costs Canadians roughly \$50 billion per year. The most common problems are depression and anxiety with eight per

### BY THE NUMBERS

- One in 20 people have a diagnosable mood disorder (depression or bipolar disorder);
- One in 20 have an anxiety disorder;
- One in 30 have a problem with addiction, either alcohol or illicit substances;
- One in 50 are at risk for addictive gambling problems;
- Three per cent of women and 0.3 per cent of men develop an eating disorder at some point.

Source: Public Health Agency of Canada

cent and 12 per cent of people suffering an episode in their lifetime, respectively. Anxiety includes conditions such as phobias, panic attacks, social dysfunction and more.

Men and women both suffer mental illnesses, but there can be differences. According to the Canadian Mental Health Association, addiction rates are higher in



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men, but women have higher rates of mood and anxiety disorders. More than 75 per cent of suicides involve men, but women attempt suicide three to four times more often. Nearly 4,000 Canadians commit suicide each year, 90 per cent of whom suffered a diagnosable mental illness.

Teehan says there are psychological approaches that help people understand and

cope with their condition, medication, and social interventions, such as helping people get out of abusive or difficult situations.

Early diagnosis to either confirm or rule out mental health illness can prevent problems from getting worse. Need help? Ask your local doctor or nurse practitioner for guidance.

— Pippa Wysong

## A good start to combat PTSD is asking for help

### Effects can linger for months, even years

Seeing someone die violently. Sexual assault. Childhood abuse. A car accident. These are all examples of traumatic events that can lead to post-traumatic stress disorder (PTSD).

While some people recover from the horror of these events, for others the effects can linger for months, or even years. Symptoms can include reliving the events through flashbacks or nightmares, or when seeing situations that remind you of the event.

"PTSD happens because a traumatic event causes changes to the brain that cause fear and anxiety to persist long after the event," says Julie Martin, program co-ordinator of the program for traumatic stress recovery at Homewood Health Centre in Guelph, Ont, which has one of the largest PTSD treatment programs in Canada. "With PTSD you over-respond to fearful situations."

PTSD sufferers experience intense anxiety, can't concentrate, have outbursts of anger or bouts of crying. Some feel an emotional distance to the world around them — it's like part of the emotional part of the brain shuts down. Depression commonly accompanies PTSD and, without help, some



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people are at risk for suicide.

About nine per cent of Canadians suffer from PTSD at some point. Treatment for PTSD involves talk therapy (counselling), medications, or both. Asking your doctor for help is a good place to start.

"The key to recovery from the symptoms of PTSD is to create safety, grieve losses and strengthen sense of self," Martin says.

— Pippa Wysong

# How are you doing today?



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Saying you're fine and you are.

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# Started from the bottom, now she's here: From dumpster dives to a biz that thrives

## All you Nasty Gals.

Sophia Amoruso shares her unconventional experience as an entrepreneur in #GIRLBOSS

ANDREA  
PARK

Metro World News

Just 10 years ago, Nasty Gal CEO Sophia Amoruso was dumpster diving, shoplifting, hitchhiking and drifting from job to job. It's safe to say that no one could have guessed Amoruso would become the CEO of a \$100-million retail business with more than 350 employees working for her, but in 2006, Amoruso started an eBay store that quickly blossomed into a retail empire.

In addition to Subway sandwich artist, ID checker and CEO, Amoruso can now add author to her resumé: Her memoir and professional advice book, #GIRLBOSS, will be available for purchase tomorrow.

**Your book couldn't be more different from Lean In. In fact, you barely talk about male dominance in the workforce. Why is that?**

If it's a man's world, who cares? It's kind of like, "Yes, lean in, but you don't need to talk about it." The energy you use talking about it, you could use to actually lean in. I come from a position of being a little bit privileged in that I started my business and worked my way to the top — but not in an organization run by men.



Amoruso paid tribute to her dumpster-diving days during a recent Nasty Gal photo shoot. INSTAGRAM / NASTYGAL

I'm not going to deny that's something that exists for many women, and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you. Just rising to the occasion and thinking, "I'm going to be who I am and be the smart girl I am and talk like I know what I'm talking about, because I do," and gaining respect — that's leaning in.

**You don't give steps or a plan to readers on how to be successful. Why is that?**

I can just share my experience and I want people to learn from that. You can learn from

other people's success and failure. A lot of people are going to tell you how things are in the world and most of them are going to be wrong for you and right for someone else. It's more important that you play to your strengths and put yourself in places that challenge you. If you fail, then you make the choice on whether or not you'll try again.

**What do you want to accomplish with your book?**

The things I want to manifest are not things I'm acutely thinking about. If my book plants something inside people that's dormant, I hope there's something, some day that benefits them. I don't care

if I'm recognized for it or if they even recognize that they learned something because they read my book.

**Why did you want to write #GIRLBOSS?**

There had been a fair amount of press telling my story from the day I started Nasty Gal on eBay, but there was a lot missing and I was not comfortable telling the whole story in anyone else's words. There's a lot I learned in the years before Nasty Gal and the years after that I wanted to share and put into my own words.

**Do you have any tips for young women who feel directionless and don't know**



Nuts to male dominance

**"I'm not going to deny that's something that exists for many women and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you."**

Sophia Amoruso, CEO of Nasty Gal on male dominance in the workforce

**what they want to do yet?**

You just have to keep trying things. I knew I wanted to be good at something. I thought I was going to be a photographer. Had I tried to control that too much and said, "Screw this eBay thing," I don't know if I would have fulfilled any level of a dream. I don't know if I would have been a successful photographer or done what I did with Nasty Gal. I was open to seeing where life took me.

**What was the best advice you ever got?**

I had a friend in high school and this always stuck with me. My friend said, "I change what I can at arm's reach." That's what a book is. That's what putting clothes on girls that feel really good about themselves after they put it on is. When you live your life and treat people with respect and work hard and play by the rules — which I only learned from trial and error — it can create really great things.

**Do you think it was to your**

**advantage that you never had too much direction from professional mentors?**

Some advice I take and half of it I throw away. This caused me a lot of problems as a kid, but I've never taken what people with more experience than me say at face value, which could be seen as disrespectful, but I see it as a healthy discourse. It's important to weigh your gut feelings with practical advice you're being given and decide. There's a lot to learn from what other people have done, but there's also a lot to doing things your own way.

**Do you regret living the wild life when you were hitchhiking and shoplifting?**

That phase was pretty short. I think I learned a lot from it. You learn a lot about people and what not to do by doing stupid stuff like that, and unfortunately I think I was naïve enough to have to learn about the world by putting myself in situations like that. I actually had to get to who I am now by removing every other option.

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# I'm worried that I've made a major mistake

**Conflicted on campus.** You've successfully made it through your first year, but is it possible that you didn't pick the right stream of study?

ELENI DEACON  
Metro News

Choosing the right major is not a minor decision. As the school year comes to an end, some students may be questioning whether their selected field of study is the best course for them. And while this dilemma can be tricky, there are many options available to those facing this predicament.

For new scholars, it can be helpful to think of first year as a time for discovery. Dr. Jane Rutherford, an Associate Professor in Biology at Wilfrid Laurier University who also serves as her program's undergraduate academic advisor, urges students to keep their minds open during their early semesters.

"I tell them first year is about exploring your options and finding out what you enjoy and what maybe you don't enjoy so much," she says. "And I always tell them, 'Don't feel you're locked in to a particular program.'"

This was the case for Rebecca Vandevlede, an alumnus



If you aren't sure of the direction you're going, don't distress, discuss!  
ISTOCK

of York University's Glendon College who switched out of International Studies into Drama Studies after her second year when she realized her program's subject matter did not grab her.

"It was not what I thought it was going to be," Vandevlede says. "It was very heavy on political theory, which was interesting for a couple of classes but not what I wanted to focus my degree on. And that gave me the impetus to move."

While Vandevlede says the decision was straightforward, that is not always the case. Joyce Hunter, academic counselling services manager at Queen's University, emphasizes that students who are

unsure about their direction should re-evaluate their own motivations, not those of friends or parents.

"They need to do some self-assessment," Hunter says, "Introspective thinking about what their goals are or what kind of career they want, what kind of work they want to do, what kind of lifestyle they want to have. And that involves not just thinking, but (talking) to professionals."

These professionals include counsellors available at every university.

For students doubting their major, Hunter recommends a combination of academic advising, personal counselling, and career counselling. She says she frequently encounters students who are questioning why they are at university — and this may mean changing not just their major, but their school.

"University is not for everyone, and we will not hesitate to say, 'Look at other options. Maybe you should be looking at a college program that is going to be a better fit for you,'" Hunter explains.

Rutherford also stresses that it is never too late to switch — partly because the expected timeframe for an undergraduate degree is becoming more flexible. "A lot of students are here on the five-year plan rather than the four-year plan," she says, adding, "and some of them are here for even longer than that."

## 'Round the world wisdom

### Cement new habits by making them extra sticky



LESSONS FROM THE DESERT  
Stéfan Danis  
life@metronews.ca

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.**

They say that preparation is half the battle. In my experience, it is even more. Completing three multi-day desert ultra-marathons was certainly a challenge, but it wasn't anywhere near as



Remind yourself along the way that your goal is worth reaching. ISTOCK

demanding as completing the training. Although I was committed to my goal, I needed a strategy to anchor new daily training habits and to keep myself focused when I was aching, confronted with other priorities, out of time, facing bad weather, or simply didn't feel like it.

Early on, I developed tactics like leaving my running shoes next to my bed exactly where my feet would touch the floor when I woke up, or even going to bed wearing my running gear at times. Day to day, I created small reminders to think proactively about the training, such as writing

"Gobi" on the bathroom mirror, along with adding recurring "Gobi" reminders to my calendar. I also found an experienced runner who agreed to be my accountability coach to whom I reported myself weekly with progress. Essentially, I had set up a defence perimeter to catch myself before reverting to old habits, while trying to rapidly create new ones.

Although it can take as little as 21 days to create a new habit, the old ones we have are so deeply ingrained that changing them isn't so simple.

As they are borne out of automatisms, the difficulty is often staying the course in the early days long enough to get to that point where the new habit sticks. In order to make it "sticky," it is best to create strategies to help stay the course until we naturally derive more benefits from the new habit than challenges associated with changing the old one. Only then can our intentions become cemented into new habits.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



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# Colour outside the light lunch lines: Seared Tuna with Mediterranean Salsa



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Tuna and this Mediterranean salsa are the perfect pair.

The best way to have the most tender tuna is to sear the outside and leave the interior slightly pink.

If this is not your style, cook it for longer, being careful not to overcook, since the tuna will dry out. Or, if you prefer to cook a fish all the way through, try replacing the tuna with another firm fish such as tilapia, bass, swordfish, halibut or cod.

When I buy fresh tuna for cooking, I like to use bluefin tuna, which has dark red flesh that I find to be the most flavourful. Be sure to always buy the fish from a reputable fish store for the freshest tuna possible.

Tuna is rich in high-quality protein and an excellent source of nutrients such as selenium, potassium, magnesium, and of course, omega-3 essential fatty acids, which are known to reduce the risk of heart disease and cancer.

## Nutritional information

### Per serving

- Calories. 241
- Carbohydrates. 4.2 g
- Fibre. 1 g
- Protein. 36.8 g

- Total fat. 7.8 g
- Saturated fat. 2.1 g
- Cholesterol. 74 mg
- Sodium. 258 mg

## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

### Ingredients

#### Salsa

- 1 cup diced plum tomatoes
- 1/3 cup diced sweet green peppers
- 1/4 cup diced green onions
- 3 tbsp chopped black olives
- 2 tbsp fresh lemon juice
- 1/3 cup crumbled reduced-fat feta cheese
- 2 tsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp dried oregano

#### Tuna

- 6 tuna fillets (about 6 oz each)

#### Garnish

- 1/4 cup chopped fresh basil or parsley

The salsa can be made early in the day, but remove the seeds of the tomatoes.

This dish can be served right off the heat or at room temperature.



**TOTAL  
TIME  
ABOUT 25  
MINUTES**

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

### Directions

1. To make the salsa: In a bowl, combine the tomatoes, peppers, onions, olives, lemon

juice, feta, olive oil, garlic and oregano together.

2. Either on a barbecue or in

a nonstick grill pan sprayed with cooking spray, sear tuna on both sides just until cooked to your preference. Place on

a serving dish. Sprinkle with the basil and serve the salsa overtop. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

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# CAMP GUIDE



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## PICK A PLACE TO UNPLUG

For parents trying to decide whether to send their kids to a day camp or an overnight camp, the good news is neither camp is truly better than the other. They just offer different experiences.

The nature of the activities at a day camp versus an overnight one tend to be vastly different, with the day camp taking place in an urban setting, while an overnight camp is usually located away from the bright lights of the city.

"The biggest benefit (of an overnight camp) is getting kids away from the community and into more of a wilderness-type setting," says John Meagher, the senior man-

ager of YMCA Healthy Communities. "A lot of kids haven't experienced that."

Part of retreating into nature also means there is usually an expectation of unplugging from the digital devices to which we are so often tethered.

One of the benefits of a day camp is it may allow campers to go on excursions in their community they would not normally have the chance to, such as visiting a museum or a national historic site.

A fundamental difference between the two camps is the level of independence attending either requires. Not surprisingly, an overnight camp requires much more

independence because kids won't be going home at the end of each day. As well, at an overnight camp, they will have more responsibilities, such as brushing their teeth, keeping their living quarters tidy and having more rules to follow.

Meagher thinks it's important for parents to ask themselves whether their child is ready for an overnight camp. If they aren't ready yet, it may be a good idea to have them attend a day camp earlier in the summer to act as a stepping stone for an overnight camp later in the summer.

"Easing into it is key," he says.

— Richard Woodbury

### LET YOUR CHILD CHOOSE CAMP LIFE

When trying to pick a camp for your child, be sure to include them in the decision-making process and make sure the final choice aligns with their interests and that they are comfortable with what the camp will involve. Otherwise, there is a bigger chance they might withdraw because camp life isn't going well for them.



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# THERE IS NO 'I' IN SPORTS CAMP

While the most obvious benefits of a summer sports camp are that a child will be physically active and improve their skills

in a given sport, those are far from the only benefits.

"I think sport is one of the best ways

for youth to learn a lot of the qualities we want them to have," says Jonah Taussig, the men's basketball coach at Saint Mary's University.

These skills include socialization, leadership, co-operative learning and teamwork.

As well, sports help kids learn how to adapt to situations as they encounter different strategies and the strengths and weaknesses of their teammates and opponents. This is also a very important life skill, says Andrew Harding, the campus recreation coordinator at Dalhousie University.

Summer sports camps inherently promote active living, which has many positive benefits. According to the Public Health Agency of Canada, some of the health benefits are improved fitness, increased concentration and improved self-esteem.

In Halifax, there are lots of summer sports camps to choose from.

The Canada Games Centre is offering a large number of camps, covering sports such as basketball, volleyball, diving and water polo. For those kids who aren't sure what sport to focus on, the centre also offers an Olympic camp which allows participants to try different Olympic sports, as well as a multi-sport camp.

The local universities also offer a large number of summer sports camps. At Saint Mary's University, its Jr. Huskies camps cover hockey, basketball, soccer, football and volleyball.

Over at Dalhousie University, it is offering camps in sports such as basketball, swimming, hockey, soccer, badminton, climbing and field lacrosse.

On the other side of the harbour, the Dartmouth Sportsplex is offering a number of summer sports camps, including camps in gymnastics and cheerleading.

— Richard Woodbury

## GETTING THE COMPETITIVE EDGE

Whether kids want to learn a sport or gain the skills to give them a competitive edge over other kids, a summer sports camp can help with both.

"They can either be introduced to the sport or go to the next level and learn the intricacies of the sport, the higher-level skills," says Andrew Harding, the campus recreation coordinator at Dalhousie University.

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# Creativity muscles getting flexed

*Arts top-rated interest in recent survey*

If sports camps are a little too intense for little ones, arts and crafts summer camps offer a more laid-back experience.

"I think the arts and crafts have an attraction as a more peaceful and creative camp to express themselves," said Sherri Moffatt, spokeswoman for HRM Recreation.

"Some kids just might not take to the

sports camps as well, that's why HRM Recreation offers such a variety of activities because we want to have something for everyone."

They also provide kids with a little room to experiment. There's pottery, theatre camps, crafts, filmmaking, and many crafts camps. Kids can try something at a summer camp they normally wouldn't be able to, especially at schools where art classes are limited.

"This is such an enhancement of the arts to try it in a camp, to try pottery, try theatre to see if they like it. To find other avenues to expand on their interests," Moffatt said.

"Fun is our main goal and if they like an activity they're more likely to continue with it," she says.

HRM summer camps have over 11,000 spaces for preschool, children and youth. Moffatt said in a recent survey at the Teens Now Talk Xpo, the arts was the top-rated interest.

That means camps tend to fill up fast. Registration for HRM summer camps was March 20 and many of the summer camps filled up within hours. But all hope is not lost



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for parents looking to get their kids involved in these camps.

Moffatt encourages parents to go on the wait list because HRM staff closely monitor the participant levels. If a child switches camps or leaves for another reason, HRM staff quickly fill the spots with those on the wait list.

Camps for younger children who need supervision fill up faster because many parents use the camps for childcare throughout the summer.

Summer camps are fluid as HRM Recreation frequently adds camps to fill demand and creates new camps to respond to new interests.

— Jennifer Taplin



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AGES 4-18

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# BRING A SENSE OF ADVENTURE AND...

## Include these items in a camping bag

Before you know it, your kids will be leaving for camp, and whether it's overnight or day, you're bound to wonder what they need in their bags. Here are two camp packing lists from Care.com, the world's largest online destination for finding caregivers.



### Overnight camp:

- 8 pairs of shorts
- 3 pairs of pants
- 10 T-shirts/tank tops
- 2 long-sleeved T-shirts
- 14 pairs of socks
- 1-2 sweatshirts
- raincoat
- 1 pair of sneakers
- sandals (might need to be closed toe, check with the particular camp)
- water shoes
- 2-3 swimsuits
- 2 pool/beach cover-ups (optional)
- 2-3 sets of PJs, make sure one set has long sleeves and pants
- 16 pairs of underwear
- twin sheets, comforter and extra wool blanket
- sleeping bag (optional)
- pillow/pillowcase
- 2 shower towels
- 2 beach/pool towels
- toiletries (toothbrush, toothpaste, soap,



- shampoo, conditioner)
- laundry bag
- comb, brush, hair dryer, flat iron (and any other hair products/accessories)
- clip-on electric fan (cabins have electric outlets for each camper)
- flashlight with extra batteries
- camera
- bug spray
- labelled water bottle
- pre-addressed/stamped envelopes
- paper and extra stamps
- pens and pencils
- sunscreen
- 1-2 hats
- sunglasses
- iPod (if allowed)
- books
- journal (with hand-written notes from mom and dad)
- Sudoku or word game workbooks
- special sporting equipment (if it's a sports-focused camp and you want your own gear)
- hiking boots (if hikes are part of the experience)
- comfort items (stuffed animal, special blanket, etc.)



(Quantities can be adjusted depending on the length of the camp)

### Day camp:

- extra clothes
- extra shoes
- water shoes
- swimsuit
- beach cover-up
- towel
- goggles
- sunscreen
- bug spray
- hat
- sweatshirt
- sunglasses
- lip balm with SPF
- water bottle
- lunch, if not provided



SHUTTERSTOCK PHOTOS

— Katie Bugbee, senior managing editor and resident global parenting expert of Care.com

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# When learning is fun

## Robotics, video game design and more taught at university-based camps

The trick to academic summer camps is to make them so much fun kids have no idea they're learning. For example, at Artech Camps in Halifax, kids are learning robotics, movie production, and video game design.

"When they're doing programming, they're thinking of the finished game and having fun with that," said Ronnie Scullion, director at Artech Camps. "They're learning the logic and all of that, but it's a very fun way to learn those things."

These camps were designed to turn kids ages six to 16 from passive spectators of movies and video games into creators.

"The object of the camps straight off is to get kids to use technology creatively," Scullion said.

At SuperNOVA at Dalhousie University, kids as young as five sign up for classes led by university students on science, engineering and computer science.

Sagar Jha, a co-director of SuperNOVA, said their camps show kids what it is like to be a professional engineer, scientist or computer scientist through demonstrations,

hands-on design and building activities, and visits with real researchers or industry professionals.

But there's an added bonus to taking a summer camp at Dal, Jha said.

"For many of our campers, this is their first experience in a post-secondary institution and sometimes for their parents, too, so our undergraduate instructors take great pride in showing them that university is a fun, welcoming, and inspiring place to learn for everyone."

They also have camps to encourage girls to explore careers in the sciences. SuperNOVA, a non-profit, partners with youth organizations to get underrepresented kids like Aboriginal youth, African Nova Scotian youth and kids from low-income families as well as those who live in rural areas to take on-campus camps.

"An exciting new addition to this year's offerings is our oceans camp where participants are going to investigate the science, engineering, and technology that helps researchers explore and protect Earth's last frontier," Jha said.

— Jennifer Taplin



SHUTTERSTOCK

### CAMPERS EXPERIENCE MORE THAN SCIENCE

Some other sources for academic-based summer camps in HRM:

- Mad Science for children aged five to 12. Camps in Halifax and Dartmouth teach kids "simple, real-world science techniques."
- The Adventure Earth Centre in Halifax focuses on environmental sci-

ences for kids seven to 15.

- Bricks 4 Kidz teaches children architecture, engineering and mechanics through the love of Lego for kids aged five to 12.
- The Discovery Centre offers several science, technology, engineering and math camps for kids aged six to 12.



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The fun begins July 2nd and camps run weekly from 8:30am-5pm every day until August 29th.

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[www.armdaleyachtclub.ns.ca](http://www.armdaleyachtclub.ns.ca)

# Summer starts off in full swing

## Kids' golf camp goes beyond the basics

Junior golfers looking to become the next Graham DeLaet will have the perfect opportunity to hone their skills this summer at The Links at Montague. The nine-hole executive course in Dartmouth is offering camps beginning June 16 right up until the end of August.

The camps run from Monday to Friday. There is a two-hour camp for kids aged five to eight which costs \$150 plus tax. Participants work on their putting, chipping, their full swing, basic rules, and play fun games.

There is also a four-hour camp for kids aged eight to 16 and it costs \$250 plus tax. Participants do the same activities as the two-hour camp, but also work on pitching and spend time on the course.

The final option is a full-day camp for kids aged nine to 16. It is just a longer version of the four-hour camp and costs \$350 plus tax.

Each week caps off with a skills competition and camp participants can qualify to



CONTRIBUTED

participate in a national skills competition. Two previous camp participants have won at the national level.

Camp participants also receive a Links at Montague hat and bag tag, a trading card of themselves and a report card.

Registration forms and information can be found at [thelinksatmontague.com](http://thelinksatmontague.com).

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## Having fun and learning French

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• Inscription/registration: 110 \$ par semaine/per week — Camp de Jour  
• Inscription/registration: 140 \$ par semaine/per week — Camp en Action

Pour information ou inscription/For information or registration: [accueil@ccgh.ca](mailto:accueil@ccgh.ca) ou téléphonez 435-3244 or visit the website: [ccgh.ca](http://ccgh.ca).



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## NBA playoffs

### Spurs put away Mavericks

Tony Parker scored 32 points and the San Antonio Spurs led by as many as 31 on their way to a 119-96 victory over the Dallas Mavericks, closing out a tense first-round series Sunday in seven games. **THE ASSOCIATED PRESS**



The Spurs' Manu Ginobili drives around the Mavericks' Monta Ellis on Sunday. **THE ASSOCIATED PRESS**

## NHL playoffs

### Rookie fitting in well with Bruins

With just seven NHL playoff games under his belt, young Bruins forward Reilly Smith already has two winning goals. Not to mention the trust of coach Claude Julien. "He plays like a veteran," Julien said of the 23-year-old winger from Toronto. "And

you know he's very calm in those kind of situations. You don't see him make too many big mistakes, because he's a smart hockey player."

Smith and linemates Patrice Bergeron and Brad Marchand combined for two goals and three assists Saturday in the Bruins' 5-3 comeback win over the Canadiens, with Smith rifling the winner with 3:32 remaining. **THE CANADIAN PRESS**

## Keeping up the pressure



"We can't sit back and try to protect a lead."

Canadiens defenceman Josh Gorges. The Habs wasted a 3-1 advantage as the Bruins scored four times in the last 9:04 of the third period for a 5-3 win in Game 2 on Saturday afternoon. The Bruins visit Montreal for Game 3 on Tuesday night.

# Nets suppress Northern Uprising with Game 7 win

**NBA playoffs.** Raptors denied their second trip to the second round after losing contest by one point

DeMar DeRozan leaned over Kyle Lowry after the final buzzer sounded to end the Toronto Raptors' season — Lowry was laying distraught on the floor, his face in his hands. DeRozan was above him, speaking with urgency.

It was a moment that said volumes about this young Raptors squad: their unexpected record-breaking season and their thrilling run through the playoffs, and the bonds they built along the way.

"That's my man," Lowry said of DeRozan. "He said, 'If anybody is taking that shot, I'm living and dying with you taking that shot, or trying to attempt to get that shot off.' It was a great brotherly moment."

Lowry, who led the Raptors with 28 points Sunday, had just been blocked on a shot at the buzzer, giving the Brooklyn Nets a 104-103 Game 7 victory and ending the Raptors'

## Uncertain future

Not only is the Raptors' season over, so are the contracts of coach Dwane Casey and point guard Kyle Lowry.

- Lowry becomes a free agent on July 1, but when asked about his future, he said his mind was still on the series and its end.

first playoff run in six seasons.

"The play was to get me the ball, but they did a good job of trapping me, and I didn't get that shot off that I wanted to get off," said Lowry.

Amir Johnson had a play-off-high 20 points plus 10 rebounds before fouling out of the game with 7:53 to play. DeRozan added 18 points for the Raptors, who were hoping to see the second round of the playoffs for just the second time in the franchise's 19-year history. Patrick Patterson finished with 16 points, while Terrence Ross had 11.

Joe Johnson scored 26 points to lead the Nets, who will face the two-time defending champion Heat beginning Tuesday in Miami. Marcus Thornton finished with 17. **THE CANADIAN PRESS**



The Nets' Paul Pierce blocks Raptors point guard Kyle Lowry's last-second shot during Game 7 of their first-round playoff series on Sunday in Toronto. The Nets won 104-103, ending the Raptors' season. Scan the image with the Metro News app to see the game told in photos.

RICK MADONIK/TORSTAR NEWS SERVICE

## Final thoughts



"I'm proud of our guys. Nobody gave them a snowball's chance in you-know-where to be here." Raptors coach Dwane Casey



"I can't say some of the things they were calling me out there. You were against not only 15,000 in the building — you were against the 15,000 outside."

The Nets' Paul Pierce on the Raptors and their fans at the Air Canada Centre.



"I can sleep at night knowing he took that shot. I can live with that."

Raptors swingman DeMar DeRozan said Kyle Lowry was the right man to take the final shot for the team.



The Penguins' Matt Niskanen, right, and Derick Brassard of the Rangers collide in Pittsburgh, Sunday.

JAMIE SABAU/GETTY IMAGES

# Pens blank Rangers to even series

Kris Letang broke a scoreless tie in the second period and Marc-Andre Fleury made 22 saves for his seventh playoff shutout to lift the Pittsburgh Penguins to a 3-0 victory over the New York Rangers on Sunday night, tying the second-round series one game apiece.

Letang's 15th career post-

season goal matched Larry Murphy's record for Penguins defencemen. Jussi Jokinen scored during a third-period power play, and Evgeni Malkin added an empty-net goal for the Penguins, who managed a home split in the first two games with the suddenly weary Rangers.

Game 3 is Monday night in

New York.

Henrik Lundqvist made 32 saves for New York, but the Rangers mustered little offence while playing their fourth game in six days. New York's limp power play went 0-for-4 and hasn't scored in 29 straight advantages.

Pittsburgh coach Dan Bylsma insisted early Sunday

he anticipated seeing Crosby at his "best" with the season possibly at stake.

Bylsma was right.

For the first time in weeks, Crosby looked like himself, but each time he appeared poised to end his goal drought, Lundqvist found a way to get a piece of the puck.

**THE ASSOCIATED PRESS**



Blue Jays centre-fielder Colby Rasmus hits a second-inning grand slam in front of Pirates catcher Chris Stewart on Sunday in Pittsburgh. THE ASSOCIATED PRESS

# McGowan helps Jays stop bleeding

**MLB.** After consecutive collapses, Toronto holds onto lead to avoid sweep in Pittsburgh

Toronto Blue Jays manager John Gibbons said he sat awake in his Pittsburgh hotel bed Saturday night, thinking about his bullpen's recent problems. He even addressed his group of relievers Sunday morning.

Dustin McGowan made

On Sunday	
7	2
Blue Jays	Pirates

those worries a non-factor, at least for a day.

McGowan pitched three-hit ball for seven innings, Colby Rasmus hit a grand slam and

Melky Cabrera added a two-run homer as the Blue Jays beat the Pittsburgh Pirates 7-2.

"We had to have that one," Gibbons said.

McGowan (2-1) allowed one run, striking out five and throwing 101 pitches.

It was the second straight quality start for McGowan, a diabetic who started wearing an insulin pump on the mound in his last start.

"My blood sugar still gets erratic sometimes," he said. "But that's part of the game for

me. With the adrenalin going and everything, it does what it wants to do. I can't control it sometimes."

McGowan eclipsed the 100-pitch mark for the first time since June 27, 2008.

"That's two outings wearing that pump," Gibbons said. "Maybe there's something to that."

The Jays held on to this lead after wasting a 5-3, ninth-inning edge in the opener and a 5-0, fourth-inning advantage on Saturday. THE ASSOCIATED PRESS

## Hockey. MacKinnon keeps following in Crosby's Team Canada footsteps

Like Sidney Crosby in 2006, Nathan MacKinnon will get a taste of Team Canada at the world championships at the age of 18.

MacKinnon, who shares Cole Harbour as his hometown with Crosby, was one of three players added to Canada's world roster Sunday, along with Brayden Schenn and Matt Read of the Philadelphia Flyers.

The Colorado Avalanche rookie and 2013 No. 1 pick had two goals and eight assists in his first career Stanley Cup playoff series.

Crosby starred at his first world championships, putting up eight goals and eight assists in nine games in Latvia in 2006.

David Perron of the Edmonton Oilers pulled out of



Nathan MacKinnon GETTY IMAGES

the tournament with a hip injury.

The IIHF world championship begins Friday in Belarus, as Canada opens against France. THE CANADIAN PRESS

### Golf

## Holmes gets first tour win since brain surgeries

More than two years after going through brain surgery, J.B. Holmes is a winner again on the PGA Tour.

Holmes made it harder than he needed to on the final hole at Quail Hollow until rapping in a three-foot bogey putt for a 1-under 71 and a one-shot victory over Jim Furyk in the Wells Fargo Championship.

Holmes was diagnosed in 2011 with structural defects



J.B. Holmes GETTY IMAGES

in the cerebellum known as Chiari malformations, and he had surgery twice — once to remove a piece of his skull, and a second because of an allergic reaction to the adhesive on the titanium plate at the base of his skull.

THE ASSOCIATED PRESS

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## Horoscopes

### Aries

March 21 - April 20

Listen to what a friend tells you and be quick to act on their advice. Even if what they say is not what you were hoping to hear there is a lot of wisdom in their words, not least because they can see what you cannot.

### Taurus

April 21 - May 21

Someone in a position of authority will look favourably on you over the next few days and if you are smart, you will get something more out of it than just praise. Ask for a raise or a promotion — or both.

### Gemini

May 22 - June 21

Creatively and romantically, the next few days should be good for you. But for best results, you need to be focused. Identify your number one priority and really go for it.

### Cancer

June 22 - July 23

You will make efforts above and beyond the call of duty over the next seven days. Not only will you get an extraordinary amount of work done in a remarkably short space of time but it will be quality work too.

### Leo

July 24 - Aug. 23

You will be much in demand socially today but you must choose carefully among the many invitations because you won't have the time or the energy to say yes to them all.

### Virgo

Aug. 24 - Sept. 23

A family matter you thought was resolved will rear its head today and this time you must make sure it's settled. If you don't lay down the law the issue will continue to nag at you.

### Libra

Sept. 24 - Oct. 23

What you have to do over the next few days may not be what you would choose to do but if you approach it in the right frame of mind, it can still be fun. It will also get important people back on your side.

### Scorpio

Oct. 24 - Nov. 22

If you do things by the book today, you will get the rewards you deserve. If, however, you try to gain an advantage by cutting corners most likely you will find that your underhand methods rebound on you.

### Sagittarius

Nov. 23 - Dec. 21

It's not like you to put practical matters above having fun but you may have no choice over the next 24 hours. Social activities will have to take second place to getting on top of your work and money.

### Capricorn

Dec. 22 - Jan. 20

It won't be long before you get the chance to do something out of the ordinary but for the time, be patient. If you make your move too soon, the results may not be as good.

### Aquarius

Jan. 21 - Feb. 19

What happens over the next 24 hours will remind you that it is not where you look but how you look that determines the way the world seems to be. Be positive in everything you do.

### Pisces

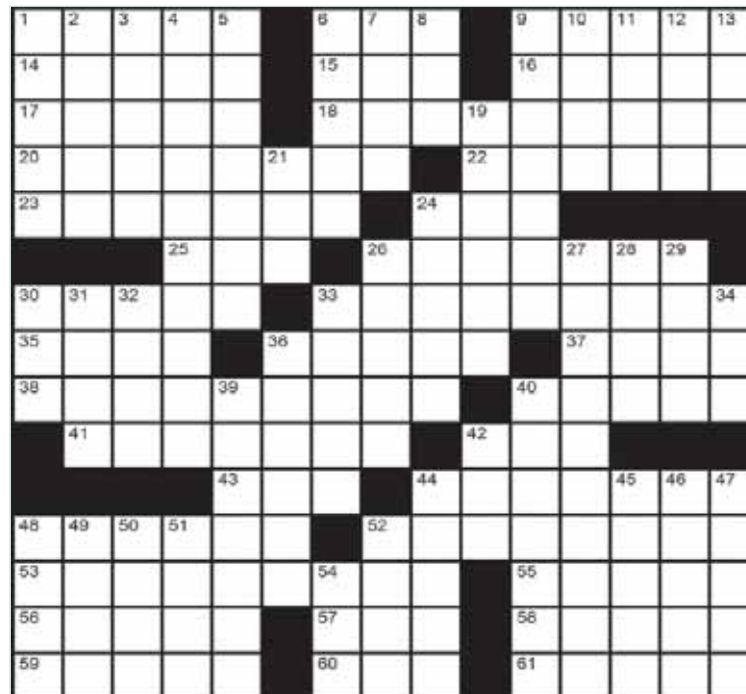
Feb. 20 - March 20

If you recently made a promise, to somebody else in a position of power, you must keep it. If you try to back out of the deal it will do your reputation harm. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Clever
- Bootcamp officer, briefly
- Bob of "Full House"
- Windy City airport
- Who: French
- \_\* (Classic arcade game cube-hopper)
- Choir outfits
- Alan-and-family's Slice show, "\_\_\_ Thicke"
- England born/Canada raised actor Scott
- Festive decoration
- Most brief
- Distant
- Label
- Some times
- Happen
- They're at the centre of Atlantic Canada's activist-opposed annual hunt: 2 wds.
- "... \_\_\_ I wrong about THAT too?"
- Robert Service works
- Verifiable
- Paul Anka song covered by Donny Osmond: 2 wds.
- Skincare brand
- Master bedroom extra
- \_\_\_ and Gus, "Cinderella" (1950) mice
- These: French
- Elegant court dances



- 1987 Warren Beatty/Dustin Hoffman movie
- Did in an unprepared manner: 2 wds.
- "The Boys in the Bright White \_\_\_" by Trooper
- Prefix to 'foam'
- Olympic legend Ms. Comaneci

- Smash song
- Complete
- Ian or Sylvia
- Shakespearean suffix
- Arctic explorer, Robert E. \_\_\_ (b.1856 - d.1920)

### Down

- Least best

- Elton John's "Your Song" bit: "\_\_\_ you don't mind..."
- Southern Alberta town
- Big Joe Mufferaw's work remnants: 2 wds.
- "Alright, honey.": 2 wds.
- Gym move

- Style expert Tim
- Ancient war god
- Early band for Neil Young, The \_\_\_
- Impose \_\_\_ (Out-law something)
- Dr. Scholl's products
- Writer Mr. Stanley Gardner
- Texter's "Bye for

- now."
- Calgary footballers, to fans
  - Food additive
  - Evita song: "Don't Cry \_\_\_ Argentina"
  - Irish writer Ms. Binchy
  - Web courtesy
  - Root vegetable
  - Smirch
  - Alley \_\_\_ (Comic strip classic)
  - Motley \_\_\_
  - ' \_\_\_ Crunch (Cereal)
  - Jeers
  - View
  - Toolbox grippers
  - Peninsula
  - Smashes: 2 wds.
  - "Lost" character played by Daniel Dae Kim
  - Gleefulness
  - "Dancing with the Stars" alum Ms. Sliwinski
  - Making-one-sleepy thingy
  - Tale
  - "Say it \_\_\_ so!"
  - \_\_\_ or neuter
  - Brick carriers
  - Rush, for example
  - Lineup lag
  - "Evita" (1996) role

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku

5	1	3	9	4	6	7	6	2
7	4	8	5	6	2	3	9	1
9	6	2	3	7	1	4	8	5
4	2	7	8	5	9	6	1	3
8	5	6	7	1	3	9	2	4
3	9	1	6	2	4	8	5	7
1	8	4	2	9	7	5	3	6
2	3	5	4	8	6	1	7	9
6	7	9	1	3	5	2	4	8

		8	2					3
4						2		7
5				9		8	1	
	1				3		5	2
2		7			1			6
		4	5		1			3
	7		2					8
6						2	4	

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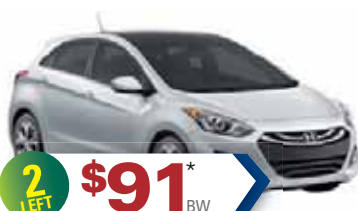
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